

URBANDALE

JUNE 2023

Living

MAGAZINE

Celebrate the **FOURTH** OF **JULY**

"Discover the Difference"
at Urbandale's
hometown festival

Enjoy summer reading fun

LIBRARY

Chicken Shawarma Sliders

RECIPE

Student Leadership Board builds skills

EDUCATION

PSRST STD
ECRWSS EDDM
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
RESIDENTIAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
8101 Birchwood Ct. Ste. D
Johnston, Iowa 50131

GRAND Opening!

JUNE 29TH • 4-6PM
FOOD • MUSIC • FUN!



**EXCEPTIONAL CARE.
EXTRAORDINARY LIVING.**



Edencrest™

AT TIMBERLINE

Assisted Living and Memory Care Excellence

Call Jay Mathes for a tour.

515-422-8096

14001 Douglas Parkway, Urbandale
WelcomeTL@EdencrestLiving.com

EdencrestTimberline.com



INDEPENDENT LIVING • ASSISTED LIVING • CLOSER CARE • MEMORY CARE

WELCOME

A FESTIVAL as unique as its community

Not too many years ago, community festivals were few and far between. The ones that did exist were small in comparison to those today. Now, seemingly every community has a large, multi-day festival with food trucks, parade, carnival, live music and even fireworks. Several even choose to hold theirs on the Fourth of July. I have attended every community celebration in central Iowa at one point or another, and although they are similar, each has its own unique identity, too — as it should.



Suburban communities are sometimes criticized for having chain stores, cookie-cutter houses and traditional family make-ups. Those criticisms typically come from outsiders who don't live in the community or try to understand its unique characteristics. And, there is a reason why chain stores choose to come to a town, developers choose to build there, and families decide to move in. As a whole, suburban communities are cleaner than rural communities and safer than metro ones. Call it what you want, but those characteristics are magnets for people and businesses.

Meanwhile, if you drive deeper into neighborhoods, business districts and even cemeteries, you find that uniqueness I mentioned previously. The history is rich, and the pride is immense. The same can be said for community festivals, and that is ever apparent in Urbandale.

If you have not actively participated in the Urbandale Fourth of July Celebration, you are in luck. This year's event is just around the corner, and there will most certainly be a number of events and activities that you will enjoy.

Once again, we share the details of this hometown event in the pages of this magazine. It is a wonderful part of this vibrant community and yet another reason why so many choose to call Urbandale home.

Thanks for reading. ■

SHANE GOODMAN

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



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

Gina Chandler
Advertising Account Executive
515-953-4822 x323
gina@iowalivingmagazines.com



IOWA
Living
MAGAZINES



Circulation and readership audited
by Circulation Verification Council

**CHARTER BANK IS
CELEBRATING**

Twenty-Five

**YEARS OF
SUCCESS!**

**Thanks to the Communities
We Serve for All of Your
Support!**

Brien Scandridge
VP Market Manager
Johnston

Ciara Halverson
Loan Officer
Waukee

CHARTER  **BANK**

Chart Your Success With Us!

Johnston 5526 NW 86th St. 515-331-2265	Grimes Corner of Gateway & 1st St. 515-986-2000	Waukee Downtown Triangle 515-987-1000	Ankeny 2905 SW Oralabor Rd. 515-446-2265
--	---	---	--

Member FDIC www.CharterBanker.com 

www.iowalivingmagazines.com JUNE | 2023 Urbandale *Living* magazine 3

Celebrate the **FOURTH** OF **JULY**

**"Discover the Difference"
at Urbandale's
hometown festival**

By Chantel Boyd

It's time again for hometown family fun on the Fourth of July, and the Fourth of July Committee invites you to "Discover the Difference" at this year's celebration. The committee has been working again this year to present another three-day-long laundry list of family-fun activities.

The festivities, held at Lions Park, 72nd Street and Aurora Avenue, in the heart of Urbandale, begin on July 2, a Sunday, and extend through the long weekend with Monday, July 3, and Tuesday, July 4. This will be an excellent time for most event participants because the long holiday weekend will be sure to kick off a fun-filled summer for residents with a parade, carnival, fireworks and a myriad of other summertime fun.

FEATURE

The carnival, midway and all vendors open at noon each day on July 2-4. This has been a newer approach by the committee for the celebration, which means event-goers can join in the fun before the evening. The recently created website <https://urbandale4thofjuly.org> has the details, including the fun run, the parade and the bags and cribbage tournaments.

The favorite traditions are returning this year — one of the most memorable being the Fourth of July buttons, which started in 1980 when the first button was created. The following year (1981) was the first year the buttons were numbered. And, every year since, a new button has been designed and sold. See the website (<https://urbandale4thofjuly.org>) to view all the buttons.

“What most people don’t realize is the buttons are numbered, and winners are drawn for raffle prizes. So purchasing buttons gives you a chance to win a great prize and, more importantly, helps fund the fireworks. So don’t forget to purchase your buttons,” says Tim Mueller, head of the planning committee.

Carnival all three days

Bring the family out to the carnival featuring rides by Sam’s Amusement. The three days feature kiddie rides, a fun slide, old favorites like the Tilt a Whirl, and thrill rides for the most adventurous attendees.

New this year, the event committee is testing wristbands for the carnival. Wristbands will be sold on Monday, July 3, for \$20. These will be good for all rides from 1-5 p.m.

Advanced ride tickets can be purchased through July 1 and are available at Urbandale Hy-Vee and Medicap Pharmacy (Urbandale). Advanced ride ticket pricing is 25 tickets for \$20. Starting July 2, you can purchase ride tickets at the Carnival at \$1 each — three tickets for kids’ rides, four for regular rides, and five tickets for super rides.

Live music on July 2 and 3

More live entertainment returns this year. Mueller says the music offerings have been expanded.

“Instead of one band for live music on



July 2 and again on July 3, we will have two bands each day, so this year there will be live entertainment in the afternoon and evening,” he says.

This year, the celebration will feature music from Jana West (formerly of Abby Normal) and Restospect in the afternoon on July 2 and Swing Crew that evening. Then, on July 3, the celebration features Kelsie James, a local Urbandale talent, in the afternoon, and Standing Hampton that evening.



MEADOWVIEW
OF CLIVE

Now Open! Senior Health & Living

Independent Living • Assisted Living • Memory Care

Meadowview of Clive offers a range of living options in one convenient setting, with no initial buy-in required. The community is situated on 6-acres of land with a pond adjacent to the site and a variety of lovely indoor and outdoor community spaces.



Contact Connie Bever for more information or to schedule a tour.
(515) 644-8740 | Connie.Bever@CassiaLife.org

MeadowviewClive.com 3300 Berkshire Pkwy, Clive, IA 50325 Adjacent to Shuler Elementary School

Other celebration highlights

Free Kids Entertainment

Kids activities will be in Lions Park, 72nd Street and Aurora Avenue, on July 2 and 3 from 4-7 p.m.

Vendors and concessions

Grab some comfort food and a quick meal with the family, or indulge in your favorite sweet treat from one or all of the food vendors located along Prairie Avenue between 71st Street and 72nd Street on the south side of Lions Park.

Entertainment/Beverage Garden July 2 and 3

The Entertainment/Beverage Garden will be open once again. Each night will feature a DJ and live entertainment.

Bingo Tent July 2, 3 and 4

Join the Urbandale Lions Club to raise money for the community and win prizes. Play will be from noon to 9 p.m. (or later if enough players).

Bags tournament on July 3

The popular bags tournament will return. See the online schedule for more details or to sign up. <https://urbandale4thofjuly.org/events/>

Pie-eating contest on July 3

The pie-eating contest will be held on July 3 at 6 p.m. in Lions Park by the main stage.



The winners of the 2022 Fourth of July Cribbage Tournament were, from right to left: 50/50 raffle winner: Sam Sinram; first place: Ray Cervetti; second place: Seth Johnson; third place: Roger Huston; fourth place: Sadie Wunderlich; fifth place: Elias Wunderlich.

5K Run and Kids Fun Run, July 4

The William Courtney 5K Fun Run goes through the heart of Urbandale. This timed race starts at 7:30 a.m. on 86th Street in front of the library and takes runners through a tour of the community's bike paths, ending along the path behind the Library. Registration for this event can be found on the Information tab at <https://urbandale4thofjuly.org>.

The race is followed up by the Chuck Silvey Kid's Mile and Gary Page Tot Trot, where kids can show off their running skills with the chance to earn medals and prizes. Last year's weather did not cooperate, and the 2022 Urbandale Fourth of July kids races were cancelled; however, the registration transferred automatically for the 2023 race on Tuesday, July 4.

Parade on July 4

This 2-mile-long parade is widely known throughout the Des Moines metro as the largest and most watched Fourth of July parade. So bring

TREAT DAD

this Father's Day!

20% Off Sunscreens

Free Laser and Coolsculpting consults

"Bro"tox *\$10 per unit* for all the bros

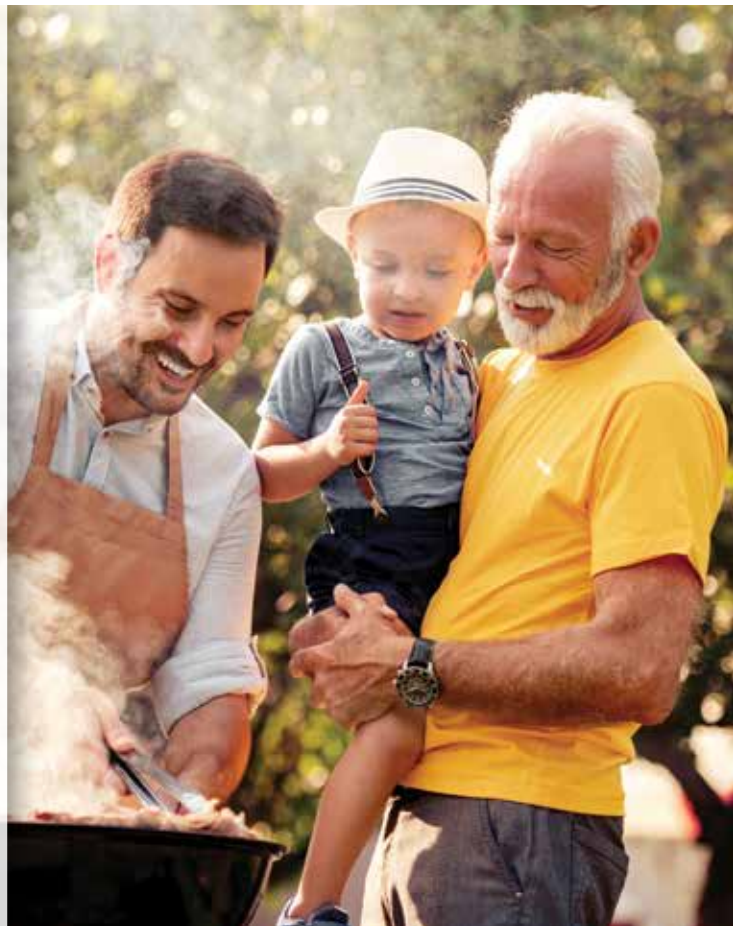
Enter to Win!

Come as a couple and enter to win a 3ml of Latisse for the month of June.



HEARTLAND
PLASTIC & RECONSTRUCTIVE SURGERY, P.C.

10611 HICKMAN ROAD, DES MOINES, IA 50322
515-254-2265 • WWW.HEARTLANDPS.COM



FEATURE

the family, stake out your spot, and be prepared to interact with your local organizations and businesses and collect lots of candy. The parade begins at 10 a.m. at the Old City Hall on 70th Street then goes north to Aurora Avenue, finishing at 82nd and Aurora. Registration for this event can be found under the Information tab at <https://urbandale4thofjuly.org>.

Cribbage tournament on July 4

The Bob Dabrio Memorial Cribbage Tournament will be held at the Urbandale Senior Recreation Center, 305 N.W. Aurora Ave. Registration is at noon, and the tournament starts at 1 p.m.

Community band on July 4

Tuesday, July 4, the Urbandale Community Band will play from 5-6 pm.

Fireworks on the Fourth

Urbandale's Fourth of July fireworks show signifies the end of the three-day event. The fireworks will be shot from Walker Johnston Park.

A volunteer effort

Mueller says it takes the efforts of more than 20 volunteers to organize this community celebration. The planning committee meets once a month, February through June, but he says the real work happens outside of these meetings.

"This great group of volunteers spends countless hours planning, organizing and coordinating all aspects of this community event. I cannot say enough about this group of people." ■

CALL US FOR YOUR PAYROLL & BOOKKEEPING NEEDS!

**Accurate, friendly
expert advice.**

Tax Services
Tax Problem Resolution
Small Business Assistance
*Payroll Services, Accounting, and
Strategic Business Coaching*

Ann M. Hartz
29 years experience



 **Ann M. Hartz CPA**
AND ASSOCIATES

CPADesMoines.com

7109 Hickman Rd., Urbandale (515) 259-7779



Do you have a retirement plan?

CALL TO FIND OUT MORE ABOUT OUR UPCOMING EVENTS!




american
RETIREMENT PLANNING

A family owned business helping families with their retirement goals.

americanretirementplanning.net

7177 Hickman Road, Suite 4, Urbandale | (515) 274-9190

Zach Brehmer • Lisa Wingert • Kevin Wingert • Shelly Bitz • K.C. Wingert

Investment Adviser Representative of and investment adviser services offered through Royal Fund Management, LLC a SEC Registered Investment Adviser.



NEWS BRIEFS

EDENCREST of Timberline opens

Hubbell Realty Company and Jaybird Senior Living announce the opening of their newest senior living community, Edencrest at Timberline, on May 15. Located in Urbandale at 14001 Douglas Parkway, Edencrest at Timberline offers a range of lifestyle options including Independent Living, Assisted Living, Closer Care, Memory Care, and Respite Care.

Other Edencrest locations include Johnston, Ankeny, Norwalk, Altoona, Beaverdale and the southeast side of Des Moines. CITYVIEW magazine has recognized Edencrest as its readers' poll choice for Best Senior Living Community in central Iowa.

Community Relations Coordinator Jay Mathes says, "We are thrilled to welcome new residents into our community at Edencrest at Timberline. We offer personalized 24-hour care, restaurant-style dining, social and recreational activities, wellness and fitness programs, and a personal emergency call system. We pride ourselves on our Red Carpet Service and programs like Dare to Dream, making sure our residents have everything they need to live comfortably." ■



CHAMBERS merge

The Windsor Heights Chamber of Commerce and the Urbandale Chamber of Commerce announced plans to merge operations beginning June 1. The merger is designed to help the organizations combine their resources to best serve members while still maintaining unique identities.

"I am excited about the opportunities this alliance will afford our collective members," says Tiffany Menke, president, Urbandale Chamber of Commerce. "The merger unites more than 800 businesses that will operate together in an effort to provide more for their membership base by joining forces."

Pooling the neighboring business organizations mobilizes the power of its total membership reach to create an optimized business climate. The collective merging was formed following the unanimous approval by the Board of Directors from the two respective chambers.

Current staff members are looking forward to adopting a modern working model that will allow for both communities to maintain their own community-branded chamber presence while focusing efforts on business vitalization for both communities and exciting member benefits.

The mission and vision of the merger is to ensure unity of the two organizations through the consolidation of resources, resulting in more value for members.

"This decision brings new opportunities, workforce development strategies and a stronger combined effort in the area of advocacy," said Jason Parkin, 2023 chair, Urbandale Chamber of Commerce. "Acting now to merge the two Chambers of Commerce is integral to supporting business with useful and effective tools to build prosperity."

The Urbandale Chamber of Commerce will be the lead organization powering the Windsor Heights Chamber Committee with staff and resources. This modern model allows for Windsor Heights to maintain its community identity. The new merged organization will operate from the Urbandale Chamber of Commerce offices at 2830 100th St., Suite 110 in Urbandale. ■

Retire in a way you never thought possible.

DREAM. PLAN. ENJOY.

INVESTMENT • LIFE & HEALTH • SERVICES



Retirement Solutions of Iowa LLC.

www.rsiowa.com | 515-215-7114

105 W Salem Avenue, Indianola

**Securities offered through Brokers International Financial Services, LLC, Member SIPC. Brokers International Financial Services, LLC, is not an affiliated company.



Andrei Murphy
President

*Helping you achieve your
best mental wellness*

OUR PROVIDERS ARE HERE FOR YOU.

We offer a great range of experience and expertise that enables us to give the highest quality of outpatient care.

OUR SERVICES

Psychiatric Care
Medication Management
Child & Adolescent Psychiatry
Genetic Testing
Nutritional Psychiatry



**Walnut Creek
Psychiatry**

**IN-PERSON OR ONLINE
VISITS AVAILABLE**

walnutcreekpsych.com

5408 NW 88th St., Ste. 140, Johnston
(515) 368-7504 | (515) 355-3491

LEADERSHIP roles build skills

Opportunities to experience the rewards of

Student leadership roles have been a part of the Webster Elementary School culture for the past five years. The initiative began through the school's participation in the Leader in Me program. These leadership roles transform simple "jobs" into opportunities for students to practice leadership skills while also experiencing the rewards of responsibility, accomplishment and contribution.

"We love watching the excitement as leadership roles are posted. Students want to take part in our school by showcasing their skills and leadership qualities," says Webster Elementary School Counselor Joleen Brady.

Each student in grades first through fifth has the opportunity to apply for a leadership position through the student job board. As part of the application process, the student explains how they can be a role model for the position by using one of the seven habits of the program. For example, if a student is applying to be an office runner, the student could reference that they would "Put First Things First" or Habit 3 by setting priorities and being organized.

Once the applications are received, an adult mentor reviews them, interviews the applicants, and provides training and support to the students while they hold their position. Webster Elementary School currently has about 16 leadership roles available for students with approximately 165 students actively participating in the roles throughout the building.

"Watching the students take on each role and responsibility is something that makes us feel proud because they take their positions seriously. We have watched countless students grow in their confidence, which carries over to their academics and peer interactions," Brady says.

Other examples of leadership roles include Best Buddies, Art Room Leaders, Bookkeepers, Entry Door Cleaners, the Gratitude Team, and the Safety Team, to name a few.

When asked why they like the leadership opportunities, students have said that it gives them a chance to see what real jobs are like.

"We have found this program to be extremely important for elementary students as it provides them with the opportunity to use their talents, interest and skills to learn about the world of work," Brady says.

This upcoming school year, plans are to expand the student leadership roles to include a broader variety of work habits and leadership skills. This past year, students were encouraged to try for a new position each semester in order to broaden their skills, interests and talents. ■



Front row: Office runner Mollie Darling and K-1 Leader Avery Hinkeldey. Back row: Student Lighthouse Leader Laney Campney, Inspire Team member Zachary Maertens (fifth-grade teacher), Assembly Team Leader Bennett Campney, Safety Team members Kiptyn Kuhl and Kristian Webb, and Inspire Team member Joleen Brady (school counselor).

SUMMER FUN @ THE JOHNSTON TOWN CENTER 2023

FARMERS MARKET

Come and enjoy the Farmers Market on Tuesdays this summer. This year, the market will take place on the north side of the Yard. Shop for fresh produce and homemade products while being entertained by live music. Learn more about the market at www.johnstontowncenter.com/events.



TUESDAYS | 5 - 8 PM | JUNE - SEPTEMBER

music & movies after the market



Join us on Tuesday evenings after select Farmers Markets for extended live music or outdoor movies. The music begins at 7:30 p.m., and the movies start at dusk. Please bring chairs or blankets to enjoy the entertainment in the Yard.

Music:

- **July 11**, Orphan Annie
- **August 1**, The Savage Feds
- **September 12**, Sons of Gladys Kravitz

Movies:

- **June 27**, Encanto
- **July 25**, Top Gun Maverick
- **August 15**, The Mario Bros.
- **September 26**, American Underdog

TUESDAYS | 7:30 PM | TUESDAYS | AT DUSK

THE CORK 50131 PRESENTS:

THE YARD SUMMER CONCERT SERIES

The Cork 50131 is bringing musical acts from across the United States, including Nashville and Los Angeles, to the Yard. All three concerts will begin at 7 p.m.

SPONSORED BY:



90S ROCKSHOW

FRIDAY
JUNE 23

JAY ALLEN

SATURDAY
JULY 22

MIKTAPE

SATURDAY
AUGUST 26



VISIT
WWW.JOHNSTONTOWNCENTER.COM/EVENTS
TO LEARN MORE



AVOID surprises: 8 things Medicare doesn't pay for

Original Medicare (Parts A and B) covers many medical and hospital services. Some of the things it doesn't cover might surprise you.

1. Opticians and eye exams - While original Medicare does cover ophthalmologic expenses such as cataract surgery, it doesn't cover routine eye exams, glasses or contact lenses. Nor do any Medigap plans. Some Medicare Advantage plans cover routine vision care and glasses.

2. Hearing aids - Medicare covers ear-related medical conditions, but original Medicare and Medigap plans don't pay for routine hearing tests or hearing aids.

3. Dental work - Original Medicare and Medigap policies do not cover dental care, such as routine checkups or big-ticket items, including dentures and root canals.

4. Overseas care - Medicare usually doesn't cover health care while you're traveling outside



the United States. Some Medigap policies cover emergency overseas medical costs. Most plans have a \$50,000-lifetime limit for foreign travel emergencies.

5. Cosmetic surgery - Medicare doesn't generally cover elective surgery such as facelifts or tummy tucks. It will cover cosmetic surgery in the event of an accidental injury or, if needed, after another treatment, such as reconstruction following a mastectomy.

6. Chiropractic care - Original Medicare does not cover most chiropractic services or tests that a chiropractor orders, including X-rays. Part B pays for one manual spinal manipulation by a chiropractor to correct vertebral subluxation. Some Medicare Advantage plans will cover chiropractic services.

7. Massage therapy - Original Medicare doesn't cover massage therapy. When it comes to pain management, Medicare does cover chiropractic care in certain limited circumstances as well as physical and occupational therapy prescribed by a doctor.

8. Nursing home care - Medicare pays for

limited stays in rehab facilities, for example, if you have a hip replacement and need inpatient physical therapy for several weeks. But, if you become so frail or sick that you must move to an assisted living facility, Medicare won't cover costs. The average monthly cost of an assisted living facility in the Des Moines area is \$4,803, while a private room in a nursing home facility is \$7,756 a month, according to a 2021 study.

Understanding what's covered is the first step in navigating the Medicare maze of decisions. You also have to make sense of all the supplements and figure out how to pay for long-term care if you need it. ■

Get the critical information you need to make Medicare decisions that work together with the other choices you'll have to make about income, investments, taxes and more in retirement by using the QR code below or by going to RetireWithMerkle.com. Information provided by AnnaMarie Morrow, Director of Medicare, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006. Sources: Medicare.gov AARP.org

IS MEDICARE *overwhelming?*

Learn key details about health care coverage and more in our online workshop.



Scan the QR code or go to
RetireWithMerkle.com.

Merkle
RETIREMENT PLANNING

Investment Advisory Services offered through
Elite Retirement Planning, LLC. Insurance
Services offered through MRP Insurance, LLC.

CONVENIENT, RELIABLE AUTO SERVICE!

WE SERVICE ALL MAKES & MODELS!

Urbandale Team

CALL TODAY FOR YOUR APPOINTMENT!

**2ND LOCATION NOW OPEN
IN URBANDALE!**

- Same award winning service
- 4 year 40,000 mile warranty
- Locally owned
- Loaners and shuttle service available

3831 70TH ST, URBANDALE



GRIMES

1750 SE 11th Street
515.986.5241

Monday-Friday 7AM-6PM

URBANDALE

3831 70th Street
515.512.1095

Monday-Friday 7AM-5PM



www.ShadeTreeAuto.biz

Service@ShadeTreeAuto.biz Open Monday-Friday, 7am-6pm

ABOUT guardianships

If you are a parent of a child with a disability, and your child is about to turn 18, this can be a scary time. You may be aware that once a child turns 18, they are a legal adult and are presumed to be capable of making decisions and exercising rights on their own. This means that you, as the parent, will no longer be able to make decisions for your child regarding their finances, healthcare or education.

In order to remain an active advocate for your child and to be included in conversations regarding their finances, healthcare and education, you should file for a guardianship over your child. A guardianship is a legal proceeding where a person, typically a family member, asks the court to find that the adult



child is unable to effectively manage their affairs due to their disability.

To obtain a guardianship, you must petition the court. The petition must include all basic facts, including the petitioner's relationship to the person who will be under the guardianship as well as a brief description of the ward's disability. The description should include how the disability affects the person's ability to make decisions. Following the petition, there will be a hearing before a judge. At this hearing, you must present sufficient evidence of the need for a guardianship.

A guardianship doesn't completely eliminate your child's ability to make decisions for themselves; rather, it provides you the opportunity to continue to support their self-sufficiency.

Having a guardianship over your adult child allows you to continue to support them

and assist them in their everyday lives. You will, with a guardianship, be able to assist them in maximizing their independence. Without a guardianship over your 18-year-old, you lose the ability to speak with their doctors and care providers, communicate with insurance companies on their behalf, coordinate benefits, and assist in managing their finances and assets.

In order to ensure that your petition is done correctly and that you are maximizing your chances of continuing to be an advocate for your child, you should speak to a reputable attorney with experience in guardianships. Your attorney will be able to assist you in the petition and in any court hearings that follow. ■

Information provided by Gail Barnett, attorney for Abendroth Russell Barnett Law Firm, 2560 73rd St., Urbandale, 515-278-0623, www.ARPCLaw.com.

YOU HELP THEM.

LET US HELP YOU.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 36 YEARS



EXPERIENCED ATTORNEYS
— SINCE 1987 —

Wills, Trusts, & Estate Planning ■ Residential Real Estate
Probate & Estate Administration ■ Social Security Disability
Business Formation & Planning ■ Medicaid & Asset Protection

ATTORNEYS WHO SPECIALIZE IN YOU



**ABENDROTH RUSSELL
BARNETT LAW FIRM**
ESTABLISHED IN 1987

2560 73rd St., Urbandale ■ 515.278.0623 ■ www.ARPCLaw.com

MENTAL time travel

Our minds have the fascinating power to transport our experience forward and backward through time. In memory, we can recall and relive events from our pasts, and, with the ability to forecast and predict, we can peek ahead to our expected futures. These impressive mental feats do come with a price tag, however. While remembering and anticipating are absolutely necessary to function as people, they can also greatly contribute to our suffering. We can become stuck on certain memories, ruminating on past events and whatever negative emotions with which they are associated. Similarly, we can imagine troubling possible futures that fill us with anxiety and dread. For many, this struggle is a key factor in staying mentally healthy. Having the ability to come back to the present moment, through skills like mindfulness or immersion in sensory experience are important ways in which we can prevent getting too caught up in either the future or the past. Managing our mental time travel is a lifelong skill, but, if you are finding it too difficult to develop on your own, there are professionals who can help you develop the necessary skills to feel more in control of where your mind takes you. ■



Information provided by Elijah Evans, TLMHC, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, IA 50322, 515-528-8135, evans@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

SS Therapy and Consulting



IMMEDIATE
OPENINGS
AVAILABLE!
**CALL
TODAY!**

*Taking on life's
challenges one step at a time.*

www.sstherapyandconsulting.com

Accept Most
Insurances
Offer Free Services
Through Interns

**Therapy
for All Ages**
Most insurances
accepted.

Neurofeedback
Brain Maps
and Training
Available.

Contact admin@sstherapyandconsulting.com
515-528-8135 to schedule.

CONTACT US TODAY TO SCHEDULE YOUR APPOINTMENT!

EVENING AND TELEHEALTH APPOINTMENTS AVAILABLE.

DES MOINES
4725 Merle Hay Rd. Ste 205

ANKENY
2675 N. Ankeny Blvd, Ste 105

BEFORE YOU GO

By Jan Shawver

PRE-PLANNING is a gift

If you knew that you only had a short time left to convey important information to your loved ones, what would it be?

Would you tell them you love them? Tell them that you are proud of them? Talk to them about important life decisions? Care for financial obligations?

As I anticipate retirement at the end of June, this may be my final opportunity to share with you. First, I want to say how thankful I am for the privilege of working with families here at Highland Memory Gardens. Many have had the sad responsibility of burying a loved one; others have taken the time to prepare for their own future burial needs; still others have asked questions as they anticipate treading into the unknown territory called death.

What else would I tell you? One of the greatest gifts you can give your family is pre-planning for your own future burial needs. Pre-planning will allow your family to grieve at the time of your passing instead of being forced to make difficult decisions.

Thank you for allowing me to serve you, whether in person or through this publication.

Give your family a gift of love and care for your future end-of-life needs now. ■



Information provided by Jan Shawver, family services representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

Prearrange

Your Future Funeral/ Burial Needs

**Taking advantage
of today's rates for
tomorrow's needs**

**Call today for
an appointment.**

*Highland Memory
Gardens Cemetery*

One NE 60th Avenue, Des Moines
Located on 2nd Avenue, 1 mile north of I-35/80
515-289-2230
www.highlandmemorygardens.com

5 THINGS to know when choosing an orthodontist

Orthodontics is a large purchase for most individuals or families. Besides the financial investment, orthodontics involves one of your most precious assets — your smile. Considering these five questions can help you make a decision that will positively impact you for the rest of your life.

1. Reputation. Word of mouth will always be valuable when making purchases, whether that is directly from talking to friends and co-workers or reading reviews and getting comments on your social media posts. Knowing that other people have received outstanding care and amazing results is always a great place to start.

Past and present reputation is essential to consider. Currently, many orthodontic offices are corporately owned and operated. The office or doctor may have had a pleasant past reputation, but talking with current patients



and employees can reveal a negative change in treatment or environment.

2. Patient age. Does the doctor treat mostly children? Mostly adults? In order to have the most successful outcome, you should choose a doctor that has experience treating patients just like you. Not only that, you also want to feel comfortable attending appointments and not feel out of place.

3. Specialist. Orthodontists are dentists who attend an additional two to three years of specialty school focused specifically on straightening teeth. Orthodontists focus their daily practice on all things related to jaw and tooth alignment. A dentist can practice orthodontics with no additional training. When choosing someone to care for your smile, experience and training can make all the difference. Verify your doctor is an orthodontic specialist.

4. Free consultation. Before making a large investment, it's wise to do some research. Offices that provide a free exam allow you to experience the office, doctor, and team to ensure you

feel comfortable. A free exam should help you answer all your big questions: am I a candidate for treatment, how long will it take, how much will it cost, and more.

5. Financial options. Orthodontics is a big investment and one you will never regret. Investments take money. When you break down what you get versus what you are paying, it is a phenomenal deal. Just because it's a great deal and great investment doesn't mean it will be easy to pay for. Look for an office that is willing to work with you and create a custom payment plan or flexible financial options. Your mouth is unique, and so is your financial situation. Find someone that understands that and caters to you.

How do they make you feel? Regardless of the information above, you have to feel good about your decision. At your initial visit, ask yourself, how do they make me feel? Do I have peace of mind or does something feel off? Do your research and then trust your gut. ■

Information provided by Dr. James Stork, DDS, MS, Stork Orthodontics, 4090 Westown Parkway, West Des Moines, 515-705-0644.

BRACES & ALIGNERS

for children and adults

SCAN
TO START SMILING!




STORK
ORTHODONTICS
Love Your Smile

StorkOrtho.com
515-705-0644

Locally owned and family operated



Dr. Stork

HEARING loss and dementia

Although the symptoms of dementia often appear later in life, the underlying changes in the brain tend to begin in middle age. Similarly, the prevalence of hearing loss also starts to increase after 40 years of age. This has led scientists to think that hearing loss may increase the risk of dementia, with some evidence supporting this association. A recent large study published in *The Lancet Public Health* now shows that untreated hearing loss was associated with an increased risk of all-cause and specific types of dementia. Notably, individuals with hearing loss using hearing aids were at a similar risk of dementia as those without hearing loss, suggesting that remediation of hearing loss could reduce the risk of dementia.



The adoption rate of hearing aids is usually low among those with hearing loss, and these results highlight the importance of public health policies to increase the adoption of hearing aids. These policies could include increasing awareness about the potential adverse effects of untreated hearing loss, emphasizing screening for hearing loss, and improving access to hearing aids by making them more affordable. The absence of treatments that cure or stop the development of dementia underscores the need to identify modifiable risk factors to prevent the

occurrence of this neurodegenerative condition. Similar to dementia, the prevalence of hearing loss also tends to increase gradually with age.

The use of hearing aids to relieve hearing loss could potentially reduce the risk of dementia. Several mechanisms could potentially contribute to the increased risk of dementia due to hearing loss. For example, hearing loss may require compensatory allocation of brain resources involved in other cognitive processes. Alternatively, the lack of auditory input due to hearing loss may cause the degeneration of brain regions involved in processing auditory information and, subsequently, cognitive function. Hearing loss may also impede communication and lead to loneliness and depression. These mental health factors are also associated with an increased risk of dementia.

“The analysis, which assessed risks for different forms of dementia, indicated that treating hearing loss may reduce the risk of dementia [by] mitigating the impact of hearing loss on the brain. This may reduce the brain’s vulnerability to the disease processes linked with these dementias. More research is needed to investigate this to further understand the mechanism by which hearing loss is linked with dementia.” — Dr. David Loughrey ■

Information provided by Kalyn Town, HIS, Woodard Hearing Center, 2328 Rocklyn Drive, Urbandale, 515-276-6122, woodardhearing.com.

90% of hearing loss can be successfully treated.

We are on your hearing journey each step of the way and believe you deserve the best.

THE WOODARD DIFFERENCE

- Highly trained Doctors of Audiology and hearing specialists
- Offer our patients access to the best technology
- Continued care and adjustments throughout the life of your hearing aids

“I can hear!
I can hear the
birds! I can hear the
crickets! I can hear
the conversation!”

- Larry B.



Amplify Your Life.
Woodard Hearing Centers

Adel • Greenfield • Grinnell • Urbandale

SCHEDULE A HEARING TEST
515-276-6122

www.AmplifyYourLife.com • 2328 Rocklyn Dr Building 3, Urbandale

SENIORS and the heat: safety tips

The summertime is a time for most individuals to spend outside enjoying the nice, hot weather, whether it is relaxing by the pool, gardening, going for a walk or enjoying a nice lemonade on the porch. However, for seniors, summertime and the heat can be dangerous if the proper safety measures are not taken. Here are some helpful tips ranging from what to wear to what to drink for seniors and their caregivers, so they can make sure to have a fun, safe summer.

The first tip is to ensure your loved one's air conditioning is working properly and insulated. This should be done prior to the temperatures rising during your summer home maintenance check. To reduce the amount of heat entering your home, cover your windows by using drapes or shades. If, for whatever reason, your air is not working properly, use fans throughout the house and carry a spray bottle full of water to help cool you down.

The second tip is to stay hydrated. Since seniors are more susceptible to dehydration due to the loss of the ability to conserve water, they don't always sense their thirst. Ensure that your loved one always carries a water bottle, and start them on a drinking schedule to ensure they are drinking enough water to stay hydrated. We suggest having fruit-infused water available. There are many benefits to fruit-infused water for seniors.

The third tip is to consult with your doctor over your current medications. Some medications are less effective if stored in higher temperatures. You want to ensure your loved one's medications are working effectively even during the scorching temperatures.

The fourth tip is to wear appropriate clothing. Everyone, young to old, should wear sunscreen. Remind your loved one to wear sunscreen when leaving the house and to apply it frequently. Have your loved one's wardrobe stocked with light-colored and loose-fitting clothes to be more lightweight and cool. Also, make sure these clothes are made out of cotton instead of synthetic fibers, since they tend to be more lightweight and comfortable. It is a good idea for seniors to wear a hat to protect their scalp as well as the ears.

The last tip is to be aware of any warning signs of heat-related illnesses. Watch for signs of shallow and fast breathing, headaches, dry mouth, pale or clammy skin, muscle cramps, nausea, disorientation and excessive sweating. Seek immediate medical attention for any of these symptoms.

If you and your loved one follow these safety tips, you will have no issues enjoying this wonderful time of year. ■

Information provided by Edencrest at Timberline, 14001 Douglas Parkway, Urbandale, 515-422-8096, welcometl@edencrestliving.com. Information from www.care.com.

URBANDALE Public Library news

Summer Reading Program

The Urbandale Public Library encourages all ages to participate in our summer reading challenge and array of programs we offer for youth and adults. The reading challenge is simple: Track your reading on a paper log or through the Beanstack app. There is no requirement for what you read or for how long.

Everyone who reads for 15 days is entered into the grand prize drawing and can collect their first prize: a book of their choice from the prize closet for youth or any item from our book sale for adults. Once you reach 30 days of reading, you're eligible for an additional item from the prize closet or book sale as well as a second entry into the grand prize drawing. Adults can select which prize drawing they'd like to enter and are also able to complete badge challenges for extra entries into the prize drawing.

The adult grand prize for this year is a three-day pass to the Hinterland Music Festival in Saint Charles. Two lucky participants will get to attend all three days of music performances from Aug. 4-6. Because the festival starts the first weekend of August, anyone who wishes to be in the running to win will need to complete their reading log by Sunday, July 16. All other grand prizes will have a deadline of Aug. 1.

Adult prizes

- Wooly's or First Fleet Concert Ticket
- \$100 Des Moines Performing Arts Gift Certificate
- One-year Des Moines Botanical Garden Family Membership
- \$100 Barnes & Noble Gift Card
- Bluetooth Ear Buds or Speaker

Youth Grand Prizes

- One-year Blank Park Zoo Family Membership
- Nintendo Switch Lite
- Mini-fridge stocked with snacks

In addition to weekly programs like hands-on play, music and movement, and creativity quest, we'll have special youth events, including fun with STEAM, tie-dye, teen laser tag and more.

Special performances will be featured on Friday mornings at Charles Gabus Memorial Tree Park, including appearances by America's Got Talent's Laura Ernst, the Blank Park Zoo, and a magic show with Mikayla Oz.

The library has once again teamed up with Parks & Rec to offer Storytime in the Parks. Pick up a Parks Passport and find a new location for Storytime in the Parks every Tuesday morning at 10 a.m. and Thursday evening at 6 p.m.

Thank you to the Urbandale Public Library Foundation for sponsoring our youth events and prizes. ■



EVENTS IN THE AREA

To submit calendar items for consideration, send to tammy@iowalivingmagazines.com

Check for cancellations

State of the City Address

Thursday, June 29, 5 p.m.

Urbandale City Hall

The public is invited to attend the Mayor's State of the City Address. An open house with refreshments will begin at 5 p.m. The presentation will start promptly at 5:30 p.m. This event is free and open to the public but RSVP is requested at www.Urbandale.org/RSVP.

Urbandale Summer Performance Series

Enjoy free concerts in different parks. All ages are welcome. Bring a blanket or lawn chair. The concert on Tuesday, June 20, 6:30 p.m., will feature Ducharme-Jones at Lions Park, 72nd Street and Aurora Avenue. The concert on Tuesday, July 11 at 6:30 p.m. will feature Opus Taylor at the large Walnut Creek Regional Park Open Shelter, 4100 Walnut Creek Park Road (just south of Aurora, one block west of 147th Street). Black Dirt Ramblers will perform on Tuesday, Aug. 8, at 6:30 p.m. at Charles Gabus Memorial Tree Park in Urbandale.

'The Drowsy Chaperone'

Performing Arts Center, Urbandale High School

Urbandale Community Theatre has been providing summer entertainment for the community every summer since 1996. This summer, the group will be presenting a hilarious musical called "The Drowsy Chaperone." Dates and times are July 21-22 at 7:30 p.m., July 23 at 2:30 p.m., July 28-29 at 7:30 p.m. and July 30 at 2:30 p.m.

'DC League of Super-Pets':

Free Friday Flicks

Friday, June 30, 7 p.m.

Walnut Creek Regional Park, 153rd Street and Horton Avenue, Urbandale

Pack your lawn chairs and blankets and bring your friends and family to enjoy an evening under the stars at a free outdoor showing of the movie, "DC League of Super-Pets." Bring your own snacks or enjoy food from the food truck Two Ol' Chefs. No registration is needed.

UCSD Garage Sale

Rolling Green Elementary

Urbandale Community School District is hosting a garage sale at Rolling Green Elementary. On July 14, the sale will be open exclusively to educators within UCSD and the community by appointment only from 7-9 a.m. Contact Brandi Crawford at 515-457-5010 or crawfordb@urbandaschools.com to schedule a time to visit the pre-sale. From 9 a.m. to 3 p.m., the garage sale will be open to the public. The sale will include chairs, desks, electronics, file cabinets, storage units, tables and more. For details, visit urbandaschools.com/sale. ■



Apply now!

Learn More: www.stpiusurbandale.org/school

**3YO Preschool
Pre-Kindergarten
Kindergarten-8th grade**

Art, Music, STEM, Band, Library, Guidance, PE,



Call now to schedule a tour: 515-276-1061



*Service You Deserve with
People You Trust.*

Lyndsey Lamb
712-789-1007
lyndseysellshomes.com



GUARDIAN
REAL ESTATE GROUP

KIDS BOWL FREE

SUMMER BOWLING PROGRAM

OPEN NOW THROUGH AUGUST 31!

SIGN UP NOW FOR 2 FREE GAMES EVERY PROGRAM DAY ALL SUMMER

REGISTER TODAY!



WARRIOR LANES



We are an OFFICIAL PARTICIPATING CENTER

190 S.E. Laurel St. | Waukee | 515-987-4840



Serving a diverse Central Iowa community, Polk County is among the nation's most innovative public institutions. We bring together creative leaders, collaborative organizations and key resources to empower our communities and make life better for all people in Polk County.

RESOURCES AND REFERRALS

BOARD OF SUPERVISORS

515-286-3120

ASSESSOR

515-286-3014

BEHAVIORAL HEALTH

515-288-0818

24HR HELP 855-581-8111

CONSERVATION

515-323-5300

ELECTION OFFICE

120 2nd Ave, Suite A Des Moines, IA 50309

515-286-3247

GENERAL ASSISTANCE

515-286-3434

GRANTS AND SPONORSHIPS

COMMUNITY BETTERMENT AND DEVELOPMENT GRANTS

515-286-2272

SPONSORSHIP

515-286-2272

HEALTH

515-286-3798

VETERAN AFFAIRS

515-286-3670

HUMAN RESOURCES

CAREER OPPORTUNITIES, EMPLOYEE
BENEFITS AND WELLNESS

515-286-3200

DIVERSITY, EQUITY, INCLUSION, ACCESSIBILITY

515-286-3624

PUBLIC WORKS

515-286-3705

RECORDER

VITAL RECORDS

515-286-3781

PASSPORTS, REAL ESTATE

515-286-3160

ATV/BOATS/SNOWMOBILE

515-286-3160

SHERIFF

POLK COUNTY JAIL

515-323-5400

LAW ENFORCEMENT (NON-EMERGENCY)

515-286-3306

TREASURER

MOTOR VEHICLE

515-286-3030

PROPERTY TAX

515-286-3060



POLKCOUNTYIOWA.GOV



POLK COUNTY
Board of Supervisors



Polk County North/West Side Highlights



Polk County Gives Funds for a New Grimes Public Library

The new **Grimes Public Library** is under construction and scheduled to open before the end of the year. **Polk County provided a \$75,000 Community Development Grant** toward the construction of the project. Grimes Library Director Cheryl Heid says, "This project was only possible because of support from Polk County and other generous individuals and community leaders."

Polk County Partners with Agriculture Industry, Conservation for Seeder Crop Program

Whether you live in a rural or urban area, water quality impacts all of us. Polk County is partnering with the agriculture industry for a pilot project in the **Northern part of Polk County**. This **seeder cover crop program** will assist farmers and landowners upstream to apply cover crops to their fields in an effort to prevent soil erosion and run-off into streams and rivers.



Polk County Grants Historic West Des Moines \$1 Million

Polk County recently provided **\$1 million for new housing initiatives in Historic West Des Moines**. The initiative is designed to rehabilitate homes, increase home ownership for low and moderate income lowans, and provide down payment assistance.

Trestle to Trestle Bridge Reopens in Johnston

A major artery between the cities of **Johnston and Des Moines** is once again open to cyclists and walkers. The bridge was closed beginning spring of 2019 when the previous bridge collapsed under the weight of ice jams and high water. **Polk County provided significant funding to reopen the bridge** with new amenities and features.



QUALITY SERVICE. QUALITY CLEAN.

EXTERIOR SERVICES

House Washing
Pressure Washing
Gutter Cleaning
Window Cleaning
Deck/Fence Cleaning
Holiday Lights & And More!



Request a **FREE ESTIMATE!**

READY CLEAN
EXTERIOR CLEANING SERVICES

goreadyclean.com

515-882-4967 // info@goreadyclean.com

HOME HEALTH

By Ward Phillips

HOSPICE services: Chances are they're not what you think

Charles had been living with diabetes and related conditions for several years when his health took a turn, and he was told his condition was life-limiting. Although Charles knew he was very ill, he and his wife, Carrie, were stunned when Charles' doctor began talking about the benefits of hospice services.



"We were so confused; we knew hospice is for people who are ready to die, and, in our minds, Charles certainly was not that sick," Carrie says.

"The doctor had said there was not anything new they could do for him, and his diabetes had taken a toll on his whole system, and he had had two strokes. But I thought he was doing better. So, when we heard that, we didn't know what to do."

The doctor took the time to explain that even though he did feel Charles had some time, he qualified for hospice services because he had a life-limiting illness and that hospice care would afford him some amenities — all covered by insurance — that could enhance his quality of life.

That made sense to Charles and Carrie, and they decided to look into home hospice services. After their adult children had returned to their homes out of state after the holidays, Carrie scheduled a meeting with a care team.

"We learned in that first meeting that there was a lot we didn't know," Carrie recalls. "They talked about pet therapy and music therapy and all kinds of things that ended up making Charles' quality of life the best it could have been in those last months. He lived for eight more months and was content and comfortable almost all the time."

Ideally, hospice services can and should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for services, enabling an individual to live life in comfort for the days, weeks or months that remain in their life. And, the earlier hospice services are started, the more they can — as in Charles' case — benefit the person who is ill as well as the whole family.

"The hospice team was there when we needed them but also left us alone to have a lot of family time, and the kids and I were all very comfortable with how they fit into our lives," Carrie says. "When Charles took a turn for the worse, and it was clear there was not much time left, the hospice nurses made sure he was never in pain. When he passed, it was very peaceful, and they have been very supportive to all of us, even since then."

If you and your family are faced with the need to make a decision around hospice care, feelings of anger and confusion are normal and making that first call to a hospice provider can be difficult. But know that, once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for them — and for all who love them. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.

YES!

We can
hydro jet
tree roots.

Clogged Drains • Full Service Plumbing
Camera Inspection & Locating Sewer Lines
Hydro-Jetting • Sump Pumps • Water Heaters

SERVING POLK, DALLAS, WARREN,
GUTHRIE, MADISON & CLARKE COUNTIES



OPEN 24/7
INCLUDING HOLIDAYS

515-278-5668

rotorooterdesmoines.com



Considering townhome living?

Brio is expanding with you in mind.

Rendering courtesy of BSB Design

Continue your independent lifestyle while accessing convenient services and amenities! Townhome living at Brio will include:

- » **Beautiful ranch-style** floor plans with high-end finishes, bonus-room options, basements, two-car garages, and plenty of storage. (A limited number of single-family floor plans with three-car garages are also available.)
- » **Outdoor spaces** that will serve as extensions to your home, allowing you to garden, host family gatherings, and more
- » **Access to award-winning** lifestyle programming, including fitness classes and resident events, plus the community's restaurant and other amenities
- » **If your needs should change**, priority access to all Brio's levels of living — independent living, assisted living, short-term rehabilitation, memory care, and long-term nursing care



In addition, look forward to **maintenance-free living**: trash removal, lawn care, appliance repair and replacement, and snow removal! And all utilities are included in your monthly service fee.

We're building only 19 homes, and several are already spoken for! Contact Maria at (515) 252-5380 to learn more and reserve your new home.



RECIPE

SHAREABLE sliders for a nutritious summer meal

(Family Features) Fresh, mouthwatering food hot off the grill is a sure sign of summer fun. Hosting sunny get-togethers this year can be made easy when you show off your grilling skills with a simple, nutritious and flavorful recipe.

These Chicken Shawarma Sliders are a delicious example of how to grill healthy summer meals without forgoing favorite flavors. They're part of a curated 12-recipe collection of healthy, balanced dishes from the snacking experts at family-owned Fresh Cravings, known for its chilled salsas, hummus and other dips, which teamed up with eMeals, America's leading provider of meal plans.

"These sliders are a fantastic — and healthy — option for your next gathering," said eMeals Senior Nutrition Writer and Editor Rachel West, RD. "The marinade uses a mix of pantry-friendly dried herbs and fresh garlic to give the lean grilled chicken breast some oomph. The lettuce and red onion add cool crispness and crunch to the sandwiches while Fresh Cravings' creamy, flavor-packed hummus gets some nutritional bonus points by providing a dose of protein and fiber."

Find the entire recipe collection by visiting emeals.com/campaign/Fresh-Cravings-Healthy-Eats. ■

Chicken Shawarma Sliders

Recipe courtesy of eMeals
Registered Dietitian Rachel West
Prep time: 25 minutes
Cook time: 10 minutes

- 2 pounds boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 teaspoon salt
- 1/2 teaspoon cayenne pepper
- 1 package (12) slider buns
- 1 container (17 ounces) Fresh Cravings Honey Jalapeno Hummus
- 1 package (8 ounces) shredded lettuce
- 1/2 small red onion, sliced



DIRECTIONS

- In zip-top plastic bag, use meat mallet or heel of hand to pound chicken to even thickness. Cut into 2-inch pieces and place in large bowl. Add oil, garlic, paprika, cumin, coriander, salt and cayenne; toss.
- Cover chicken and chill 8 hours, or up to 2 days.
- Preheat grill or grill pan to medium-high heat. Grill chicken 4-5 minutes per side, or until done.
- Serve chicken on buns with hummus, lettuce and onion.



MERLE HAY
CHAPEL

Funeral Home | Mausoleum | Crematory | Cemetery

We have an experienced local staff that can help you plan your final wishes, all at one convenient location. We are also home to the area's finest funeral home chapel. If you wish to plan ahead, interest-free payment plans are available.



Blair Overton
Owner
Locally
Owned &
Operated

Tel: 515-278-4633
4400 Merle Hay Road
Des Moines

MerleHayFuneralHome.com

**NEED
NEU
BLINDS?**

**CONVENIENT
CONSULTING IN YOUR
HOME WITH SAMPLES**

**WE WILL
BEAT ANY
COMPETITOR'S
PRICE BY 10%!**



**Neu
Blinds**

**CALL TODAY!
515-250-5543**

GRABER. | DELIGHT IN EVERY DETAIL

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many styles & brands to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.

PREP your system before going on vacation

Are you ready to travel and dreaming of beaches and exotic destinations? Before you head out of town, it's important to make sure that your HVAC system is prepared for your absence. Here are some tips for preparing before you leave for vacation:



- **Adjust your thermostat** - One of the easiest ways to save energy while you're away is to adjust your thermostat. Setting your thermostat at 78-80 degrees will help prevent unnecessary energy usage and save you money on your energy bills.

- **Consider a smart thermostat** - If you have a smart thermostat, you can program it to adjust the temperature of your home based on your schedule. This means you can set your thermostat to a more energy-efficient temperature while you're away and have it automatically adjust to a more comfortable temperature when you return.

- **Shut off your water supply** - If you're going to be away for an extended period of time, consider shutting off your water supply. This will help prevent any potential water leaks or damage to your HVAC system.

- **Clean your HVAC filters** - Dirty air filters can reduce the efficiency of your HVAC system and lead to higher energy bills. Before you leave for vacation, make sure to clean or replace your air filters to keep your HVAC system running smoothly while you're away.

- **Schedule a professional inspection** - If you're going to be away for an extended period of time, it's a good idea to schedule a professional inspection of your HVAC system before you leave. A certified technician can identify any potential issues and make sure your system is running at peak efficiency while you're away.

By taking these simple steps, you can help ensure your HVAC system is prepared for your absence and will continue to function properly while you're away. And when you return home from vacation, you can rest easy knowing your home will be comfortable and energy-efficient.

If you're unsure how to properly prepare your HVAC system for your next vacation, don't worry, you're not alone. After all, who has time to worry about air filters and thermostats when you're busy packing for a trip? Don't fret. Contact your local heating and cooling company for help, and, when you return home, you can bask in the glory of a comfortable, energy-efficient home, without lifting a finger. So go ahead and enjoy your vacation. ■

Information provided by Sam Yeager, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



Get a Solution NOW!



**EMERGENCY
SERVICE**



**WE SERVICE ALL
MAKES & MODELS**



**CERTIFIED &
LICENSED
PROFESSIONALS**



**FULLY STOCKED
VEHICLES WITH
PARTS**

**We're your full service HVAC
company with the expertise
to service and install the
equipment to solve all of your
home comfort needs!**

Call Today! (515) 965-7272

**72°
COMFORT
COMPANY**
72degrees.com



Scan for Details

GROW THIS SUMMER

Behold Your King (1st Samuel) Sundays at 10:30am
Know What You Believe Wed nights 6/21, 6/28, 7/12, 7/19
July 4th Picnic & Fireworks Tuesday 7/4, 6-11pm
Summer Events for Teens CreeksideDM.com/youth

CREEKSIDE CHURCH

2743 82nd Place • CreeksideDM.com

515 Lawn Services

**LAWN MOWING
RESIDENTIAL
AERATING
LANDSCAPING
DETHATCHING**

\$20 OFF 1ST MOW!

TEXT or CALL for a quote 515-587-8171

FUN FOR THE WHOLE FAMILY

June 18
Father's Day

June 25
Demonios
Principal | Atlantic Coca-Cola Bottling Co. |
Prairie Meadows | Titts | Barika

July 4
Holiday Fireworks

July 18
\$1 Dogs
Berkwood

July 20
Iowa Oaks

July 22
Caleb Killian Bobblehead
Giveaway

**MATT MERVIS BOBBLEHEAD
GIVEAWAY JUNE 22**

**JURASSIC BALLPARK
ED'S DINOSAURS LIVE JUNE 22**

**GREAT BASEBALL.
FANS.
FUN.**

TICKETS & MORE AT IOWACUBS.COM

**MARVEL DEFENDERS OF THE DIAMOND
JULY 8**

Character Appearances from
Ant-Man & Hulk

FAITH By Steve Smith

KINDNESS not cruelty

My wife and I had just finished a lengthy bike ride, and I hadn't slept well the night before, so I was pretty tired when we started to rearrange some bedroom furniture.

I began complaining, was critical, and found fault with her in an unkind way for which I later apologized and sought forgiveness.

General George S. Patton Jr. stated, "Fatigue makes cowards of us all." Fatigue may explain why we are sometimes cruel rather than kind, but it is certainly not an excuse, and especially not for believers in Christ.

Paul admonishes "those...holy and beloved" to "put on a heart of...kindness" (Colossians 3:12). Kindness — not cruelty — is a function of at least two realities working together.

Kindness is a consequence of our salvation. We express true kindness to the extent we have experienced it. Paul said that God's "kindness leads us to repentance" (Romans 2:4). In an act of undeserved kindness, God sent Jesus to die in the place of human beings who deserve punishment for our rebellion (Isaiah 53:6; Romans 3:23; 6:23).

When such kindness moves us to personally turn from (repent of) our sinful rebellion, believe Christ's sacrifice paid our debt, and trust that He rose conquering sin and death, we are eternally forgiven. As God's pardoned children, we are indwelt by His Spirit (Romans 8:9,11) and empowered to resist cruelty and exhibit kindness.

Just as an apple tree produces apples, God's Spirit within His children produces kindness towards others (Galatians 5:22).

Kindness is also a conscious decision. "Put on kindness" (Colossians 3:12) describes an ongoing deliberate choice to exercise kindness instead of cruelty.

Our vehicle has a maintenance light that comes on every time we turn on the ignition. This default can be reset with the push of a button. The sinful default of cruelty within humanity must continually be reset to choose kindness through a conscious decision. Through mental reset, God's Spirit works with our choice so that we more consistently exhibit kindness.

One helpful way to push the "kindness reset" button is to be reminded of, reflect upon, and resolve to follow God's command for His children to be kind.

Ephesians 4:32 provides us with both God's mandate for kindness and the proper motivation: "And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

God's kindness to forgive us through Christ stimulates our kindness towards our children, spouses, neighbors, co-workers and strangers out of loving devotion and not legalistic duty.

The best dressed hearts are clothed with kindness. ■



Information provided by Steve Smith, Creekside Church,
2743 82nd Place, Urbandale, 515-279-3919.

COMING SOON TO CLIVE!



4401 N Warrior Lane, Clive

A community dedicated to Active Adults

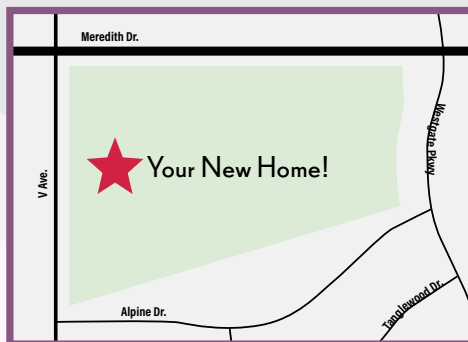
- Low maintenance lifestyle
- Premier Shadow Creek location
- Easy access to surrounding community

Whether you are looking to downsize, enjoy a low-maintenance lifestyle, or take advantage of a vibrant community, we have something for you.

7 MODELS TO CHOOSE FROM!

2 Bedrooms • 2 Bathrooms

2+ Garage Stalls • 1,672 sq. feet to 2,613 sq. feet



LUXURY VILLAS STARTING AT \$490,000

Scan to see our amenities and floor plans





Deanna Bennigsdorf and Jill Greene Mathew at the Premier Credit Union ribbon cutting.



A ribbon cutting was held at Premier Credit Union, 10951 Meredith Drive.



Logan Peratalo, Adam Obrecht and Shane Hoffman at the Premier Credit Union ribbon cutting.



Dan Cline and Brooke Avila at the Premier Credit Union ribbon cutting.



Ryan York, Ashley Rydl and Crissy Hayes at the Premier Credit Union ribbon cutting.



Abigail Logan and Grace Kelly at the Grace Estates Adult Daycare ribbon cutting on May 31.



Urbandale Chamber of Commerce and Waukee Area Chamber of Commerce hosted a ribbon cutting for Grace Estates Adult Daycare on May 31.

"It's been through the addition of MAPLE that we have been able to get the kids to talk."

To learn more about **Paws With A Cause** and to find out how you can help, just download this app and watch the story come to life:

GET ZAPPA
ZAP THE CODE TO DONATE

Available on the App Store and Google Play

Provided as a community service by this civic minded publication in conjunction with the Association of Community Publishers and Community Papers of Michigan



Angi Carlson and Tiffany Simon at the Grace Estates Adult Daycare ribbon cutting on May 31.



Jason Parkin and Don Frazer at the Grace Estates Adult Daycare ribbon cutting on May 31.

Educate Teens About Sun Safety

Parents should be vigilant in educating adolescents about the danger of too much sun exposure. Skin damage that occurs during adolescence can turn into serious health problems when they become adults.

HERE ARE SOME THINGS TO KNOW:

- 1. Wear Sunscreen:** Apply SPF 30+ sunscreen before going outside and reapply regularly.
- 2. Seek Shade:** Limit sun exposure, especially between 10 am and 4 pm.
- 3. Cover Up:** Wear protective clothing, hats, and sunglasses to shield your skin.
- 4. Skip Tanning Beds:** Avoid artificial UV radiation, which increases skin cancer risk.
- 5. Check Your Skin:** Monitor for any new or changing moles or spots, and report concerns to a healthcare provider.

PROTECTION IS EASY

Broad-spectrum sunscreen with just a SPF of 15 provides protection against about 93% of the sun's burning rays. Apply it every 1.5 to 2 hours. Sunless self-tanners and moisturizers containing fake tan solutions are far safer than traditional tanning.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpediatrics.org

Treat Dad this Father's Day

WITH ONE OF
OUR SMOKERS,
and he'll treat
you all year long!



The Broil King Pellet Smoker
is a MUST SEE, MUST FEEL,
A MUST HAVE! Come in
and check it out today!

MADE IN THE U.S.A.

snap!
finance

NO
CREDIT
NEEDED

GET UP TO
\$3,000

100
DAY CASH
PAYOFF

APPLY APPROVE

SHOP

916 Main Street, Adel
Mon-Fri 8-5, Saturday 8-2
515-993-4287

**ADEL
& Winterset**
T.V. & APPLIANCE • HEATING & COOLING
Est. 1960

www.adelwintersettv.com

224 Highway 92, Winterset
Mon-Fri 9-5, Saturday 9-2
515-462-2939

Box store selection with the small town service you deserve!