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JULY 2023

Living

MAGAZINE

HEAD-TURNING

Wheels

Residents share their passion
for restoring vehicles.

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WELCOME

THE shine

When I was in my early twenties, I worked at The Des Moines Register and was the account rep for many of the largest car dealers in Des Moines. I loved that job, as I was able to learn from incredible people and work in an industry I truly enjoyed — cars and trucks.

That passion led me to another job in the mid-1990s, launching and managing an automotive photo magazine called Car & Truck Market. Clever name, I know. It was a publication dedicated to the buying, selling and trading of — you guessed it — cars and trucks.

I was never much of a gearhead. Still am not. I have a brother who loved tearing stuff apart and putting it back together. He still does. As such, he continues to be my go-to guy for questions dealing with auto mechanics. But, although I wasn't much interested in what was under the hood of a car, I did have great interest in the shine and show.

I don't own a classic car (yet), but I have been known to attend many car shows, and I have a sincere appreciation for those who restore and rebuild vehicles. One of my childhood friend's dad owned a body shop in our hometown, and I would marvel over the results of their work. And, as an adult, I have been known to hang out in garages and listen to stories about the restoration of some incredible cars.

When we started our Iowa Living magazines, I wanted to pay tribute to these car guys who fulfill their passions, often learning as they go. And with much of our readership of the Living magazines being female, I wanted to include something for the guys. So, I decided to start a monthly feature called "What's In Your Garage?" It featured lots of stuff in residents' garages, but we focused much of the ink on classic and custom cars. We continue this feature in many of our magazines today but simplified the name to "Garage."

In this issue of Urbandale Living magazine, we took it a step further and dedicated our cover story to "head-turning car projects," complete with photos of the vehicles that so many local car buffs have spent countless hours working on.

Be sure to check out this story and those in our other Living magazines at www.iowalivingmagazines.com.

Yes, there is something about that shine of a vehicle that draws the eye of a young boy — and an old boy, too.

Thanks for reading. ■

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HEAD-TURNING *Wheels*

**Residents share their passion
for restoring vehicles.**

By Chantel Boyd

While some of us dream about one day owning that fresh-off-the-showroom-floor vehicle with its spotless exterior, dust-free dashboard, brand-new smell and scuff-free tires, others are looking for something quite different: potential. Where we see a rusty, broken-down or past-its-prime set of wheels, they see what will be after repairs, cleaning, fresh paint and hours of labor, frustrations and gratification. They see a dream car in the making.

PJ Mayfield is fond of Ford Mustangs, and she and her husband have owned many over the years.

Best import

Alen Rizvanovic of Urbandale has owned his 1965 FIAT 600 for more than a decade. He has restored it — top to bottom — as a hobby, and the hard work paid off. He has shown it in numerous car shows and won trophies. It is a custom build from the ground up. The Fiat 600 is a rear-engine, water-cooled city car manufactured and marketed by Fiat in the 1950s and 1960s.

Before he began the restoration, the car was dull, faded and rusted out grayish blue. Now it is a cherry red, and it shines.

“I just love red on small cars,” he says.

The 1965 FIAT 600 car is powered by an engine from a Suzuki Hayabusa 1300CC Crotchrocket, a motorbike. For half a dozen years, Alen has been working on it off and on, as he has had time. He has named his car “Fiatbusa.”

“I named it that because it’s half Fiat, half Hayabusa,” he says. “I love how unique it turned out. It turns heads everywhere I go,” he says.

The car earns Alen trophies at many car shows for categories like Best Import.

“Let’s just say it brings home trophies all the



Alen Rizvanovic of Urbandale has won numerous car show awards for his 1965 FIAT 600, especially in the Import category

time,” he says.

Alen started dreaming of owning a FIAT 600 when he was younger — before he came to America.

“I got the car because I grew up with these cars back in my home in Bosnia. My dad had one that he drove,” Alen says.

Fortunately, he did not have to travel overseas to find one. He found his FIAT 600 in Vermont.

“It was rusting away, and I had to rescue it,”

he says.

Finding and restoring cars is a hobby for Alen. But he does not rebuild them and sell them. Instead, he collects them.

“I currently have 13 cars,” he says. “I keep them all.”

The FIAT 600 and his 1991 Yugo are his favorites since they remind him of his heritage in Bosnia.

Alen has a YouTube channel, Kompass Garage, devoted to his car restorations and

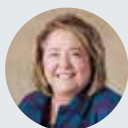


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Body work underway on Alen Rizvanovic's 1965 FIAT 600.

has around 12,000 subscribers. He began chronicling his car restoration adventures right after his favorite car build of the FIAT 600 was complete.

"It is only a hobby, and I do not do this as a career, but I like to share about it with other car enthusiasts," he says.

Alen does not race his cars, but he likes to travel around to car shows, where he could again take another Best Import trophy home.

Celebrated muscle car

Jason Doll of JD's Custom Upholstery in Urbandale can show you many photos of cars for which he has done upholstery work. While they all are beautiful, the real showstopper is the red 1965 Mustang featured in the February 2023 issue of Ford Muscle Magazine, a hotrod magazine.

Brian and Kim Hood, clients of Doll, took their classic car beyond the typical upgrades with aftermarket parts and completely revolutionized it with a modern engine.

Brian Hood did most of the build for the Mustang, with some assistance from Doll for the interior, along with Allen Benesh at Details Plus in Indianola and Ken Woltz, who painted it. Brian is proud of doing most of the work himself with only some assistance with the interior and body work.

"We restored it for the fun of doing and overseeing the work," says Brian.

The couple has owned the car for four years, and it took three years to build it into the beauty it is today. Essentially, they took a classic 1965 Ford Mustang body and fused it with a 2017 modern Ford Mustang.

"This is the most extensive build I've ever done," Brian says, adding that it is unique.

"It is one of one. We did all of this to add today's modern conveniences and performance with the style of the past," he says.

Brian enjoys letting other people see the fruits of his labor.

"My favorite thing about this car after the restoration is driving it and showing it off," he says.

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FEATURE

Brian debuted the Mustang at the Goodguys car show in Des Moines in 2022 and have been driving it ever since. This year, they have won the coveted Best in Show honors at the two car shows they have entered: the Iowa Mustangs Unstabled Club show and The Mustang Club of Central Iowa show.

Last fall, they took the car to Bowling Green, Kentucky, and won the Directors Choice at Ford Fest.

Over the years, Brian has owned and rebuilt a lot of vehicles, but he built this Mustang for Kim. The couple did not have kids at home, yet Kim still drove a minivan. Brian was determined to change that — and he made sure she had all of the comforts of a modern car in her classic Mustang.

To see the Ford Muscle article about the Mustang, visit www.fordmuscle.com/features/car-features/1965-mustang-dazzles-with-beautiful-paint-and-a-modern-engine.

Partial to Mustangs

PJ Mayfield has many connections to Urbandale. She worked for Holiday Illahee Hills Independent Living as the activities



Brian and Kim Hood's 1965 Mustang was featured in the February 2023 issue of Ford Muscle Magazine.

coordinator for four years and at Bob Brown Chevrolet for five years. While employed at Bob Brown's, she participated in the Urbandale Citizen's Police Academy.

These days, instead of selling cars, she spends her time cruising around in her Mustang. Until recently, she had two Mustangs.

PJ's son's father-in-law owns Scotty's Body

Shop on Martin Luther King Jr. Parkway in Des Moines. Her daughter-in-law and her grandson also work there.

"Normally, Scotty's does not work on the classics, but they made an exception for me because I am 'Ma.' They have done a wonderful job assisting me in the restoration," she says.

Her black 1965 Ford Mustang — she named

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FEATURE



PJ Mayfield's Mustang gets some finishing touches as pinstriping is added.

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it Betty — has a stock 289 motor and is a classic-looking car with a pinstripe and stark black paint. She has owned the car for seven years and recently had to restore it — again.

“Last October in Ankeny, a girl on her phone hit me from behind doing about 20 miles an hour as I sat at a red light,” she says.

The accident caused more than \$20,000 worth of damage to PJ’s beloved Mustang.

“Scotty’s Shop did all the work, and I put her back on the road.”

Along with significant body damage, the accident destroyed the car’s gas tank. PJ took this as an opportunity to upgrade.

“My husband, Chuck, and I used our money to upgrade to a dual exhaust system from the great folks at Iowa Muffler.”

The pinstriping was done by Frosty from Knoxville, a past president of the Goodguys car show.

Before the accident, PJ had added a Lokar gear shift.

“I love the look of a manual but not the wear and tear on my old knee,” she says.

PJ and Chuck have had many Mustangs over their 44 years together. Their last Mustang was a 2015 Anniversary Edition GT 6 speed.

“He bought me Betty to drive because he wouldn’t let me park the 2015 at the grocery store,” she laughs.

Chuck didn’t mind PJ driving it, but he did not want her to park it anywhere it could get dinged.

“He bought me, Betty, as a daily driver,” she says.

The Red 2015 Anniversary Edition GT and Betty were often together at car shows. Even though the 2015 GT has been sold, PJ still keeps her Betty.

“Betty is my therapist. A drive in her makes all my problems disappear.” ■

MEET Jade Fox

Music provides students opportunity to shine.

Jade Fox has been involved with music in some sort of capacity most of her life. At a young age, she began singing in a children's church choir directed by her grandmother and has been involved in music since. While at Nodaway Valley High School, Fox was involved in a variety of musical activities such as show choir, choir, band, musicals and more.

She studied music education at Simpson College and received a master's degree in music education from the University of Northern Iowa. Today, Fox teaches K-5 General Music at Webster Elementary School. She will be starting her 15th year with the Urbandale Community School District this fall.

"What I love best about teaching elementary music is that I get to guide my students on a journey to find a love and joy of music within themselves," Fox says.

At Webster Elementary School, a portion of school assemblies is dedicated for students to show their talents in what is called "Shine Your U." To participate in "Shine Your U," students audition their talents with Fox and then are given a spot during the monthly celebration assemblies. Fox loves this portion of the assemblies because it encourages students to find what makes them awesome and show it to the world.

"It encourages students to be brave in a safe environment, and it allows our Webster community to support and encourage each other's awesomeness of both staff and students alike," Fox says.

Another special event Fox's students participate in is the Veteran's Day assembly in November. During this event, fifth-grade students share an essay about what the American flag means to them. The fourth and fifth grade chorus sings at the assembly. Fox says it is a great way to invite the community in for a special event while also having students help prepare something special for the veterans within the local community.

"I feel like my job is the best job in the world. Most days are filled with joy in the music making that we do in class. I would have to say some of the most rewarding days are when we have our music programs and each student has the opportunity to shine during their performances," Fox says.

This summer, Fox is looking forward to spending time with her family and outdoors. She says she looks forward to the next school year because it is a new start with new opportunities. ■



Jade Fox shares her passion for music with her students.



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DON'T OVERLOOK retirement taxes

Ahhhh, taxes — a necessary part of our American lives. They pay for roads, safety, and a whole host of other community-related services. We enjoy the benefits our taxes pay for but dislike the idea of paying more than our fair share.

Taxes follow you even into retirement. Those retirement accounts you've started drawing from, Social Security benefits you're receiving, and other income from accounts designed to support your lifestyle in retirement may be taxable.

For most of your working life, you've been in an accumulation phase — gathering and growing assets to be used to support you in your later years. During retirement, however, you move to a different mindset as you transition into a distribution phase. Planning for your retirement income includes a shift in perspective as you work toward preserving the assets you spent so many years building.

Most retirement accounts — including 401(k)s, 403(b)s, SIMPLE IRAs, SEP IRAs, profit-sharing plans, pension plans and traditional IRAs — are called qualified accounts. Qualified accounts are designed for retirement income; any money saved into these plans can be accessed without penalty after age 59 ½.

The IRS has allowed money in these accounts to be saved and grow tax-deferred, meaning the taxes have been delayed until some point in the future. You haven't paid any taxes on qualified retirement accounts yet.



When you start to take income from those accounts, taxes are owed at your ordinary tax rates at the time of distribution.

The key to preserving your assets is developing a long-term income and tax planning strategy that work together and answer key questions: When should I start taking income from my accounts? Which accounts should I take the income from? A retirement income strategy is designed to create a plan for optimizing your tax liability and your income — and maintaining that income for as long as you will need it. Even if you've already entered retirement, you can still benefit from retirement income planning and potential repositioning of assets to help ensure your strategy is as tax efficient as possible.

While distribution planning would start before retirement in an ideal world, people who have already entered retirement can also greatly benefit from building a distribution strategy to potentially pay less in future taxes. But where do you begin? What steps do you need to take today to help ensure success tomorrow? Check out our Retire Your Way Toolkit below for resources that will get you started thinking about all of the decisions you'll have to make in retirement and answer some of the big questions you have about Social Security, retirement income and longevity. ■

Information provided by Loren Merkle CFP®, RICP®, Certified Financial Fiduciary®, Merkle Retirement Planning, 1860 S.E. Princeton Drive, Grimes, 515-278-1006.

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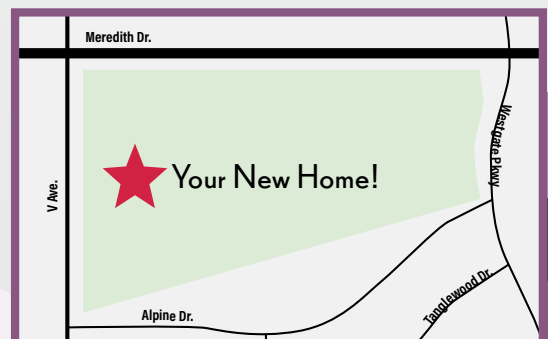
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KEY estate planning documents

You should ensure that you have a full slate of basic estate planning documents in place. These documents exist in the event of your death or incapacitation and provide your family instructions as to how to proceed. Here are the three key documents in constructing an effective estate plan:



Durable Financial Power of Attorney

In the event you become incapable of making financial decisions, a durable power of attorney allows someone you trust to sign documents and manage your assets. You can give someone a limited power of attorney that limits the authority to specific transactions, but a durable power of attorney that covers all transactions gives you a trusted ally available to handle your affairs regardless of what lies ahead.

Last Will and Testament

Most people know what a will is, but less than 40% of Americans have one. While it is difficult to contemplate your own mortality, it can be just as painful to think of leaving a mess for your heirs if you are no longer here. A will appoints an executor — the person who will manage your affairs — and outlines a plan for the distribution of your assets.

A will can provide comfort to the person creating it, especially if you have children who are unable to handle or manage money. Avoiding the creation of a will can cause untold problems; if you don't take the time to create one, the State of Iowa will simply distribute your assets for you — and not necessarily in the same way you want.

Medical Directives

A healthcare POA is in place for a designated representative to be able to communicate your wishes to medical professionals if you are unable. These documents also include instructions as to whether or not you want to have life-saving measures performed. Creation of healthcare directives removes the need for your family members to make heart-wrenching decisions for you, which can be especially concerning if those decisions wouldn't necessarily match your own.

It's not easy to think about death, much less plan for it, but the true focus of estate planning is taking care of yourself today and your loved ones in the future. Schedule an appointment with an experienced estate planning attorney to make sure your plan is in place. ■

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

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GRATITUDE

In our fast-paced, streamlined world, it is easier than ever to overlook the positive in our lives. We tend to walk through life expecting that it ought to be good and that the negatives are anomalies that need fixing so that life can return to normal. Though this attitude makes life easier to swallow, it also leaves us without much focus on the positive.



Practicing intentional gratitude refocuses our attention on that which brings us happiness. Taking a step back to appreciate the glimmers of joy in our lives also helps to remind us why we persevere through it. It is easy to excuse the practice when we go through especially difficult times, but that is when gratitude is needed the most. To intentionally recall and truly appreciate that which brought us purpose, hope and happiness amid our struggles brings us greater joy than they would in the "normal times."

If one practices intentional gratitude often, they will begin to find the gifts of life scattered everywhere. Often, gratitude does not end with the self. If one is able to appreciate the gifts that life offers, they are much more able to offer gifts of kindness so that others may pick them up. Appreciating life's good moments sweetens our experience and, eventually, the experience of others. ■

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

BEFORE YOU GO

By Tosha Edmundson

YOUR memorial's story

Our country was declared independent from Great Britain on July 4, 1776. We know this because it is well documented and taught history. Did you know three United States presidents died on July 4 — two of them in the same year? This information is easily found with a quick Google search on the Internet.



I think most of the information we know about our history is only known because somebody thought it worthy of recording and that it would be valuable information to future generations. I believe this is why we mark our graves with memorials. We are human beings — each unique in characteristics, skills and attributes — and we are all valuable. Memorials tell stories about us that future generations want to know.

We have many people stop in the office in pursuit of information about their family history. Many times, they find that the names on the memorials surrounding their loved ones are actually related to them, too. The words on the memorials and emblems that they chose tell a bit of their story. It's a kind of declaration to future generations, and you get to choose what that declaration says when you pre-plan for your burial needs.

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Information provided by Tosha Edmundson, Family Services Representative, Highland Memory Gardens Cemetery, 1 N.E. 60th Ave., Des Moines, 515-289-2230.

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3 QUESTIONS only an orthodontist can answer

Have you ever considered orthodontic treatment: braces or clear aligners? If so, you probably have three big questions floating around in your head. After meeting with thousands of patients, the three most common questions I hear are:

- Can you fix it?
- How long will it take?
- How much will it cost?

So, why write an article about these questions if they can't be answered? The great news is the questions can be answered and are super easy for a trained orthodontic specialist to answer. The down side is you won't get specific answers about your teeth by reading this article. But don't stop reading now. If you do, you will miss out on some valuable information relating to those questions.

Can you fix it? An orthodontist uses braces



and aligners to correct smiles. If you have a strong preference between braces or aligners you should choose an orthodontist that has successfully treated others with that method. There are certain circumstances where one method of treatment is preferred over another. In which case, if you choose a provider that uses both braces and aligners, and you are not able to use your first choice, the orthodontist can still treat you in their office.

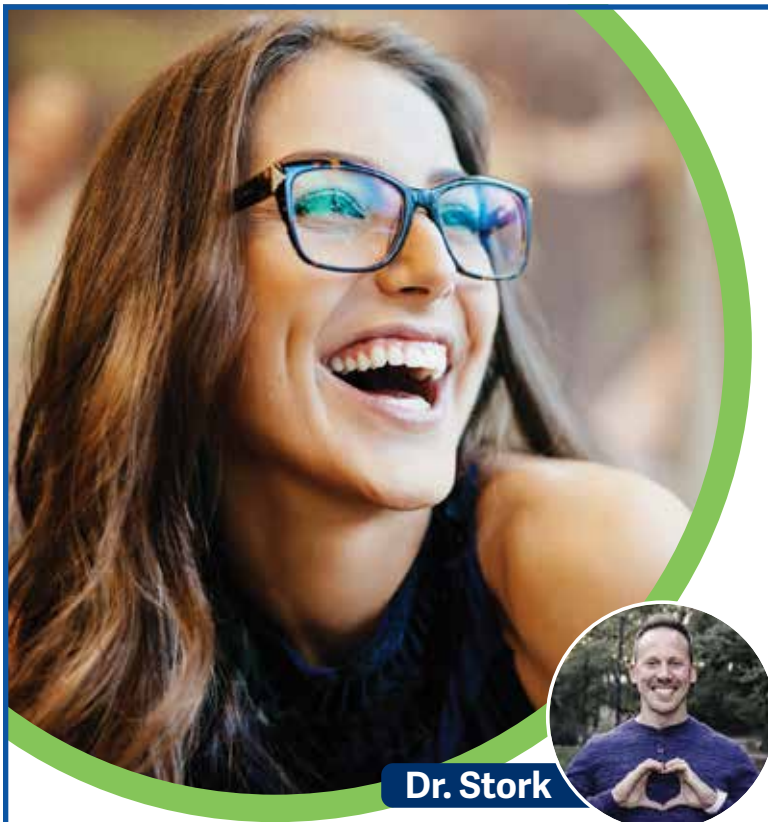
How long will it take? This is a great question. An orthodontist can project your estimated time in treatment after examining your teeth and smile. Typical treatment times previously ranged from two to three years. With new orthodontic technology and appliances, treatment time can now average less than two years consistently. If you are curious how long it will take to straighten your smile, be sure to contact an orthodontist to schedule your initial exam.

How much will it cost? Any time people talk about braces or aligners, the first comment

is usually about the cost. Orthodontics is an investment that can last a lifetime. Although the total or upfront cost can seem large, when averaged out over the treatment time and over the lifetime value, there isn't a better deal on this planet. To find out your exact cost for treatment and whether your insurance, health savings account, or flex spending account can be used, you must schedule your initial consultation with an orthodontist.

Orthodontics is an invaluable tool to improve your facial aesthetics, improve your oral health, increase your confidence, and overall improve your quality of life. It is very common to have questions about orthodontics. Scheduling a consultation with an orthodontist today can get all your questions answered so you can achieve peace of mind and start smiling. ■

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



Dr. Stork



StorkOrtho.com 515-705-0644

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BRACES & ALIGNERS FOR CHILDREN AND ADULTS

REJOIN the conversation

Treatment for hearing loss keeps people engaged.

The ability to hear and understand is an essential part of our everyday activities and overall quality of life. Many individuals take their hearing for granted until they can no longer communicate with their friends and family. Regardless of age, we all depend upon our hearing and the ability to communicate every day. Hearing is crucial whether you're at home, communicating with your family, watching television, talking on the telephone, listening to music, having a conversation in a busy restaurant, visiting your doctor, or simply hearing the sounds of a coffee maker or birds chirping in the backyard. No matter how mild or significant your hearing loss, it interferes with your ability to fully appreciate sounds and experiences.

Most people wait, on average, more than seven years to get help for their hearing loss, to their own detriment and the detriment of family and friends. Once you learn more about hearing and take positive action to do something about your hearing loss, you will realize what you have been missing.

When is the right time for an individual to purchase hearing aids? There is no one-size-fits-all answer. Each person must evaluate the importance of better hearing in their lives. When addressing the challenges caused by untreated hearing loss becomes a priority, it is the



right time to consider hearing aid technology.

Speech is the most important sound that we hear every day. Speech is made up of vowels (a, e, i, o, u) and consonants (for example, s, t, n, d, f). Vowel sounds are lower in pitch and louder in volume. Consonant sounds are higher in pitch and softer in volume, especially in female and children's voices. All types of hearing loss affect an individual's ability to hear and understand conversational sounds. Many individuals with hearing loss will report: "I hear people talking, but I don't understand what is being said."

Early diagnosis of hearing loss will enable both the patient and hearing healthcare professional to discuss a wider variety of treatment options. They may vary from assistive listening devices for use in the home to hearing aid technology. Understandably, very few people hope for a hearing aid recommendation. But, the use of hearing aid technology is a proactive step towards reconnecting with the conversations and sounds they may be struggling to enjoy.

If you, family members, friends, or loved ones suspect hearing difficulties, please have your hearing tested by a hearing health care professional. ■

Information provided by Dr. Kate Bergin, audiologist, Woodard Hearing Centers, 2328 Rocklyn Drive Building 3, Urbandale, 515-276-6122, www.WoodardHearing.com.

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- Beverly K.



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SENIOR summer safety

Summer has arrived, which means high times and even higher temperatures. Along with these high temperatures, summer tends to bring a sense of excitement and a desire to get outside and be active. That's great, but, for seniors, who have a higher sensitivity to heat, a little more caution needs to be exercised when making plans outdoors.

- **Stay hydrated.** This one may seem obvious, but it is more important than you would think. As we age, we lose our ability to retain hydration as well. Lack of water conservation can lead to quicker dehydration. In addition to drinking water often, it is also important to drink sweat-replenishing products. According to Johns Hopkins Geriatric Center, sports drinks that contain salt and potassium are a good option.

- **Talk to your doctor.** Some medications can cause hypersensitivity to UV rays. Make sure to find out if you are on anything that may require additional precautions when outdoors. Also, be sure to store your medication in a temperature-controlled environment, as some medications can be harmed when exposed to high temperatures.

- **Dress for success.** Wearing light-colored, loose-fitting layers is key to staying cool in the summer months. Natural fibers such as cotton and linen will also aid in ventilation, whereas synthetic fabrics should be avoided. You should also wear sunglasses to protect eyes from harmful UV rays and prevent irritation. Lastly, hats are a great addition, especially for those who have light-colored hair or whose hair is a distant memory.

- **Protect your skin.** As we all know, sunscreen is non-optional to protect from the sun when spending time outdoors, even if it's cloudy outside. However, it is also important to protect yourself from the elements during the evening as well. West Nile virus and encephalitis are both carried by mosquitos and other insects that are likely to be out at nighttime. Seniors are particularly vulnerable to these diseases, so wearing bug spray if going out at night should be top of your to-do list.

- **Be smart with sun exposure.** The sun is hottest from 10 a.m. to 4 p.m. during the summer months, so these hours are when temperatures and UV rays are the highest. If possible, choose to do activities either in the early morning or the evening, when exposure to harmful elements is at a decreased risk. If you are out during peak hours, know the signs of heat stroke: dry, flushed skin, nausea or vomiting, headache, heavy breathing, rapid pulse, fainting, not sweating even if it's hot or a temperature of more than 104 degrees. If you are experiencing any of these symptoms, call 911 immediately. ■

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

Big Bubble Wands with Absolute Science

Drop in between 4:30-6:30 p.m. on Wednesday, July 26, to experience one of the largest mobile bubble outdoor programs in the U.S. This is a hands-on experience with long-lasting, hand-made bubble solution and hundreds of wands of different shapes and sizes.



All Urbandale Reads Book Discussion

Join us for our first book discussion of "The Immortal Life of Henrietta Lacks" by Rebecca Skloot on Thursday, Aug. 3 at 6 p.m. This true story is "about trust, race and medicine, class, access to education and health care; it's also the story of a family and the impact that losing a mother can have on her children, and much more." Attend any All Urbandale Reads event and be entered in a drawing for a one-on-one consultation with a Hy-Vee dietician.

Living with Alzheimer's for People with Alzheimer's will kick off a three-part series with the Iowa chapter of the Alzheimer's Association on the second Tuesday of the month at 1 p.m. On Tuesday, Aug. 9, learn from people who have been recently diagnosed with the disease on what to expect in light of this life-changing diagnosis. In September, the focus will be on those with younger-onset Alzheimer's, and the final program in the series in October takes a look at the impact on caregivers in the early stages of the disease.

Creating a Successful Career and Meaningful Life is for anyone wondering how to navigate life's challenges with Iowa authors Tony Thelen, Matthew Mitchell and Jeff Kappen. Using their personal journeys and the stories of others, the authors will answer these tough questions with advice and strategies that help emerging professionals with balance, teamwork, adversity, self-image and more. Join us Thursday, Aug. 10 at 6 p.m.

Film Screening of Gridshock Documentary + Online Internet Safety with the North & Central Iowa Coalition (NIC) Against Human Trafficking will be Tuesday, Aug. 29. The film screening will start at 5:30 p.m. followed by a short intermission. At 7 p.m., the founder of NIC, Melody Stone, will lead the discussion on how to spot the signs of human trafficking and ways to avoid being targeted, both on and offline. Due to the content of the documentary and discussion, this program is intended for a mature audience (older teens and adults).

To learn more about any Urbandale Public Library program and to register, visit www.urbandalelibrary.org. ■



URBANDALE COUNCIL RECAP

Stay up-to-date with the Mayor and City Council by reading the Council Recap. The Council Recap is not the official minutes of the Council meeting — it's an easy-to-read and easy-to-understand digest of the Council Meetings specifically designed for residents.



Mayor Robert Andeweg with Scott Hock, Asst. Director of Parks & Recreation and Betty Devine, Chair of the Parks & Recreation Commission

Tuesday, June 27: Council Meeting

The Mayor and City Council met on Tuesday, June 27, and the Mayor began with a proclamation designating July as Parks & Recreation Month in Urbandale.

The City Council approved a \$260,000 contract for the Walker Johnston Park Creek Access Project. This project includes a limestone staircase into North Walnut Creek, an outdoor classroom/learning space, an accessible trail, and interpretive

signage. Located just east of the Giovannetti Shelter near the Tree House, this project will be complete by the end of the year.

Tuesday June, 13: Council Meeting

The Mayor and City Council met on Tuesday, June 13, and the Mayor began with proclamations designating Juneteenth as a day of observance in Urbandale, and designating Wednesday, June 21, as "Go Skateboarding Day". As is tradition, the Mayor also purchased his commemorative button from the Forth of July committee. A new button is designed each year to reflect that year's theme. Money raised from the sale of these buttons helps fund the fireworks display which will take place on Tuesday, July 4.

The City Council accepted a \$245,000 proposal for splash pad equipment for Lions Park. A bid for the installation of the equipment and other improvements, which include sidewalks and shade structures, will be reviewed by the City Council in the future.

Tuesday, May 30: Council Meeting

The Mayor and City Council met on Tuesday, May 30, and the Mayor began with two proclamations; one designated June as LGBTQIA+ Pride Month in Urbandale, and the other designated Friday, June 2, as National Gun Violence Awareness Day.

The Council approved a \$101,000 bid to purchase two Ford Utility Interceptor hybrid patrol vehicles and have them delivered to the Police Department.

In preparation for Urbandale's new Dog Park, the City Council approved the rules, regulations, and associated fees. The dog park is expected to be open later this summer.

Newsletter Sign-Up



You get plenty of e-mail already, that's why the City's official e-newsletter is delivered only once per month. It's your place to get a quick, streamlined, monthly update about all things Urbandale. www.urbandale.org/news



Council Recap is Online

Looking for a particular meeting recap? We have all the recaps online! www.urbandale.org/councilrecap

Check for cancellations

Walk for the Future

Saturday, Aug. 26, 10:30 a.m.
Walker Johnston Park
Giovanneti Community
Shelter, Urbandale

The Iowa SIDS Foundation's 24th Anniversary Walk for the Future will be held in seven cities across the state of Iowa, including Urbandale. This family-friendly event offers SIDS and SUID families an opportunity to celebrate the lives of their baby while raising awareness for sudden unexpected sleep-related infant deaths. The walk begins at 10:30 a.m. with onsite registration beginning at 9:30 a.m. Pre-registration is encouraged and available at www.iowasids.org through Aug. 7. In addition to the walk, participants can enjoy refreshments, a silent auction, kids' activities, and a memorial butterfly release. Proceeds provide safe sleep education to Iowa parents, healthcare and childcare providers, as well as bereavement support to Iowans impacted by Sudden Infant Death Syndrome (SIDS) and unexplained sleep-related infant deaths.

The Valley Junction Farmers Market and Music in the Junction

Thursdays through Sept. 28, 4-8:30 p.m.

Historic Valley Junction, 100-300 blocks of Fifth Street and Railroad Park

The Valley Junction Farmers Market is home to more than 80 weekly vendors selling fresh produce, baked goods, plants and flowers, arts and crafts, and prepared foods. Join your friends and neighbors and enjoy special performances scheduled throughout the season. Music starts at 6 p.m. Scheduled are: July 27, Fahrenheit; Aug. 3, Brother Trucker; Aug. 10, The Sons of Gladys Kravitz; Aug. 17, Raquel and the Wildflowers; Aug. 24, Boomerang; Aug. 31, Gimikk; Sept. 7, Rhythmatics; Sept. 14, Drive Thirty 5; Sept. 21, The Uniphonics; Sept. 28, The Crust.



Urbandale Summer Performance Series

Tuesday, Aug. 8, 6:30 p.m.
Charles Gabus Memorial Tree Park

All ages are welcome to this free concert. Bring a blanket or lawn chair. For the final concert of the series, Black Dirt Ramblers will perform.

Museum open

Urbandale Historical Society, 4010 70th St.

The Olmsted-Urban House will be open for viewing the first Sunday of each month 2-4 p.m. Members of the society will be there for guiding tours and showing the collection of things that might have been in Grandma's house.



Clive Festival

July 21-22

East side of N.W. 114th Street, Clive

Greenbelt Landing will have fun for everyone including "Thunder Over Clive" fireworks, live music, the popular Clive Fire Department Slip-N-Slide, a running festival, food trucks and more. cityofclive.com/parkandrecreation/programs_and_events/clive_festival.php.



Summer Stir

East Village

July 21

This event is a relaxed opportunity to visit many great establishments in the early evening and sample their signature Summer Stir drinks. Hosted by CITYVIEW from 5-9 p.m. summerstirs.dmcityview.com.



'The Drowsy Chaperone'

Performing Arts Center,
Urbandale High school

Urbandale Community Theatre has been providing 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.

Des Moines-Apalooza

July 26

Water Works Park, 2201 George Flagg Parkway

RAGBRAI cyclists enter Des Moines after attempting a record-setting ride for a night of music, food and celebration for a festival-style event. For more information, visit ragbrai.com.



Zoo Brew

July 26

Blank Park Zoo

Experience the zoo after dark while taking in some favorite local adult beverages alongside live music. Stark Raving Madge will perform 1970s Rock.

River Ruckus

July 27-29

408 West State St., Guthrie Center

This country music festival marks the event's 15th anniversary featuring acts such as HARDY, Riley Green, Chase Rice and 10 others. For a full schedule, visit www.guthriesriverruckus.com. ■



HOW DO I CHOOSE A PEDIATRICIAN?

It is important to take the time to consider who you would like to be your family's pediatrician. During your baby's first year alone, you will be visiting the doctor at least seven times for well-baby checkups and many more times over the next 18 years. It is crucial that you feel comfortable and confident with the person you choose.

- 1. Check Credentials.** Pediatricians receive pediatric training after they graduate from medical school and should be board certified by the American Board of Pediatrics.
- 2. Check Ease of Communication.** Look for a clinic with an online patient portal where you can message the clinic's staff, request to schedule appointments, request prescription refills, and more. Check to see if the clinic can be contacted outside of regular office hours for urgent needs.
- 3. Interview.** Meet with the pediatrician and ask as many questions as you like. Make sure you understand the doctor's style and philosophy of care. Make sure that the doctor will consider your approach to caring for your child.
- 4. Research.** Make sure the pediatrician accepts your health insurance and has office hours that will work with your schedule.

WHEN DO I CHOOSE A PEDIATRICIAN?

We strongly encourage parents-to-be to visit our office for a prenatal appointment before your first child is born. You can get acquainted with our office and our doctors and have your questions answered.

HOW DO I SCHEDULE AN APPOINTMENT?

Call 515-987-0051. We'll schedule you for an appointment within a few days of your call, or another day that fits your schedule.



Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpeditrics.org

ROEDINGS upsize with move

Runner gives back as director of event.



Lauren and Arthur Roeding needed more space for their growing family so upsized with a move to their home in Urbandale.

Lauren Roeding and her husband, Arthur, moved their family from Johnston to Urbandale five years ago. They valued the proximity to Des Moines Christian School, as well as to Lauren's workplace at the time.

"We were ready to upsize from our ranch to a two-story based on our growing family and desired a new build with a large yard," Lauren Roeding explains. "The home we purchased met these requirements, as well as the other 'nice to haves' that were on my and my husband's lists: three car garage, large walk-in shower, hardwood floors, and the opportunity to finish the lower level as we desired."

One cool feature of the Roedings' home is its "invisible" staircase, meaning the stairs to the basement and the stairs to the upstairs are both hidden from general view behind the kitchen wall.

"This allowed us to maintain an open floor plan on the main level, which we love, as we entertain quite often," Roeding says. "We also leveraged our large backyard to install an in-ground pool, which our family, friends and neighbors thoroughly enjoy."

In fact, it's the neighbors who make where the Roedings live extra special, she says.

"During COVID, our neighbors became our only in-person contact, and, as a result, those relationships continued to grow and thrive," Roeding says. "We are very grateful for these friends that have become more like family."

And, as a hometown girl — Roeding attended St. Pius X growing up — it amazes her how expansive the town has become while maintaining its small, suburban feel.

"I would also be remiss if I didn't state that the City of Urbandale has the best Fourth of July celebration in the metro," she adds.

Today, Roeding gives back to the community, and the state in general, as event director for the Iowa Brewery Running Series, which organizes fun run courses that all start and finish at local breweries.

"Our mission is to be active, have fun and give back," she says. "In addition to pairing some exercise and good beer, a portion of all proceeds go back to local nonprofits."

Roeding adds that she took on the role just this year after being a volunteer and runner for the event since 2020.

"Now I get to continue the legacy of a series of events that has become near and dear to not only my immediate family, but the Iowa running and craft beer community as well," she says. ■

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BRING brunch favorites to the table

(Family Features) Few things go together like the weekend and brunch. Whether that means gathering with family, friends or a combination of both, it's the perfect time to slow down and bring your loved ones together for a lighthearted meal.

Catering to a variety of different palates requires a diverse menu of dishes ranging from fresh fruit and baked goods to proteins and more. A key ingredient to bring any spread together: Envy apples, which are a natural cross between Braeburn and Royal Gala apples.

With their beautifully balanced sweetness, uplifting fresh aroma, delightfully satisfying crunch and bright red skin that sometimes features a golden blush, they can be served fresh or paired with other brunch favorites in shareable dishes like the Brunch Board with a Twist. Plus, their naturally white flesh doesn't brown as quickly as other apples, making them easy to savor while enjoying time with loved ones.

Find sweet brunch recipe inspiration at EnvyApple.com. ■

Brunch board with a twist



- 2 Envy Apples, sliced
- boiled eggs, halved
- cooked bacon
- bananas, sliced
- berries
- miniature pancakes
- edible flowers, for garnish
- 2-3 Envy Apples, for garnish

Directions

- On breakfast platter, artfully arrange sliced apple, halved boiled eggs, bacon, bananas, berries and pancakes.
- Garnish with edible flowers and whole apples.



Suggest a teacher

for an *Iowa Living* education column!

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



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HVAC

By Scott Bontrager

AC HISTORY: from Egypt to Iowa

When the summer heat in Iowa turns up, and you find yourself melting faster than an ice cream cone on a hot sidewalk, there's one hero that comes to your rescue — the air conditioner. But have you ever wondered about the origins of this magical machine that keeps you cool and comfortable?

Believe it or not, the concept of air conditioning dates back to ancient times. Clever Egyptians used to hang reeds soaked in water in their windows, allowing the breeze to blow through and create a natural cooling effect.

Fast forward to the 20th century when the modern air conditioner made its grand entrance. In 1902, a genius engineer named Willis Carrier invented the first electrical air conditioner. And yes, you guessed it, he was also a real cool guy. Carrier's invention was initially meant to control humidity in a printing plant, but it didn't take long for people to realize its potential in providing much-needed relief from the summer swelter.

Did you know that the term "air conditioning" was coined by a textile mill owner named Stuart Cramer in 1906? He used it to describe the process of adding moisture to the air to condition the yarn and prevent it from breaking. Little did he know that his term would soon be associated with indoor comfort.

In the early days, air conditioners were considered a luxury reserved for the elite. Only posh movie theaters, fancy hotels, and the homes of the super wealthy were graced with the cool breeze of air conditioning. It wasn't until the mid-20th century that air conditioners became more affordable and started appearing in regular households. Suddenly, staying cool wasn't just for the rich and famous — it was for everyone.

Nowadays, air conditioners have become an essential part of our lives, especially here in Iowa, where the summers can feel hot and humid. We've come a long way from the days of reeds and humidity control. Modern air conditioners are more energy efficient, quieter, and can even be controlled with the touch of a button on your smartphone. It's like having your very own personal weather wizard right at your fingertips.

Remember, whether you're sipping lemonade on your porch or seeking refuge from a sweltering day indoors, your trusty air conditioner is there to keep you as cool as a cucumber. Stay frosty, my friends. ■



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



VOTE TODAY!

Who will be voted favorite in Clive & Urbandale?

We all have our favorite local people, places and things. And now it's time to share your choices and honor those who deserve the recognition.

Make your voice be heard and cast your votes in the 2023 Clive & Urbandale Residents' Choice Poll. This contest is being hosted by Iowa Living magazines, and the results will publish in our Clive and Urbandale October editions. You can vote in one or every category, or anywhere in between.

HURRY! POLL CLOSES SEPT. 8, 2023.

See rules and vote at www.iowalivingmagazines.com/residentpoll.
One vote per resident, please.

SCAN HERE TO
VOTE TODAY!



FOOD AND DRINK

- Restaurant
- Restaurant for Breakfast
- Restaurant for Lunch
- Restaurant for Dinner
- Restaurant for Dessert
- Place for Ice Cream
- Pizza Establishment
- Bar
- Coffee Shop
- Catering Company
- Server/Bartender

AUTOMOTIVE

- Auto Service
- Auto Body Shop
- Car Dealership
- Auto Parts Store

COMMUNITY

- Preschool/Daycare
- Non Profit
- School (name of building)
- Park
- Community Festival or Event
- Church
- Pastor
- Chamber of Commerce

SHOPPING

- Grocery Store
- Boutique
- Retail Store
- Thrift Store
- Home Improvement Retail Store
- Liquor Store
- Nursery or Garden Center
- Place to Purchase a Gift for a Man
- Place to Purchase a Gift for a Woman

ENTERTAINMENT

- Dad/Child Date Spot
- Mom/Child Date Spot
- Place to Take Your Mom and Dad
- Place to Take Your Kids or Grandkids
- Place for Children's Birthday Parties

HEALTH/BEAUTY

- Hair Salon
- Health Clinic
- Dental Office
- Orthodontist Office
- Mental Health Services
- Chiropractic Office
- Vision Care

HEALTH/BEAUTY

- Health Club or Gym
- Pharmacy
- Cosmetic Services
- Physical Therapy
- Dance Studio
- Gymnastics Studio
- Tumbling Studio

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FAITH By Steve Smith

THIRST quencher



One hot summer day when I was in high school, I was stacking and unloading bales of hay when I stopped sweating. I felt nauseous, had a headache and tried to quench the insatiable thirst that came from being severely dehydrated.

It's essential for human beings to get enough fluids into our bodies. But no matter how much we drink at a given time, it's impossible to permanently quench our physical thirst.

This reality makes these words of Jesus all the more startling: "He who believes in Me shall never thirst" (John 6:35). Jesus spoke figuratively, utilizing a physical description to explain spiritual realities.

"Thirst" here describes awareness of our spiritual need for a relationship with God that is unmet because of our rebellion against Him. The prophet Isaiah declared that "your iniquities have made a separation between you and your God..." (Isaiah 59:2). This "thirst" is unrecognized because we are adept at denying and distracting ourselves from it.

We chase fame, fortune and fun, experiencing some level of temporary satisfaction that always leaves us longing for more. We either continue deluding ourselves into believing that the fulfillment we long for is just beyond our grasp and within our human efforts to provide — or we finally accept Jesus' invitation that "whoever drinks of the water that I shall give him shall never thirst" (John 4:14).

This invitation for permanent, spiritual satisfaction is given to "everyone who thirsts" (Isaiah 55:1). Our thirst is permanently quenched by "drinking the water" which Jesus offers. This means entering into a right relationship with God involving three steps.

First is our realization that alienation from God leaves us thirsty — unfulfilled. This is the embrace of Augustine's statement, "You have made us for yourself, O Lord, and our heart is restless until it rests in you." To rest, we must be right with God, which requires turning from sin.

The second step is our repentance, enabling forgiveness. "Let the wicked forsake his way, and the unrighteous man his thoughts and let him return to the Lord... for He will abundantly pardon" (Isaiah 55:7). To be right with God, we must turn from sin and trust the Savior.

Finally, our reliance upon/belief in Jesus' death as the payment we deserve for our sin and His resurrection as proof that death was conquered (1 Corinthians 15:3-4,20).

The one "who believes" (John 6:35) enjoys pardon from sin (Romans 4:25; 5:1,8-10), enters possession of eternal life (John 6:47), and experiences the presence of the Holy Spirit (John 7:37-39a) resulting in permanent satisfaction within.

Thirst no longer, but trust Christ as Savior. ■

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

RIBBON Cutting

Bloom Women's Wellness, 10542 Justin Drive, Urbandale, held a ribbon cutting on June 16.



Bloom Women's Wellness, 10542 Justin Drive, Urbandale, held a ribbon cutting on June 16.



Haley Heintz, Tara Ortiz and Haylee Wilkening



Linda Franker and Courtney Buhrow



Tami Biggerstaff, Jane Nady and Nicole Berger



Brody Thompson, Sarah Sweet and Sabrina Sweet



Jason and Wendi Fredregill



Kirsten Bury and Mitch and Knox Sweet



Traci Merical and Jim Jackson



Jessica Dreyer and Brittany Hanus



Kayla Heglin and Karla Reznicek

RIBBON Cutting

Kaizen Health and Wellness held a ribbon cutting at its new location, 11119 Plum Drive, Urbandale, on June 19.



Kaizen Health and Wellness held a ribbon cutting at its new location, 11119 Plum Drive, Urbandale, on June 19.



Ryan Davis and Mark Salinas



Logan, Ty and Mackenzie Yager



Mack, Dorothy and Emily Hanna



Becca Tunik and Victoria Verde



Bryan, Deana, Jack, Henry and Luke Kaizen



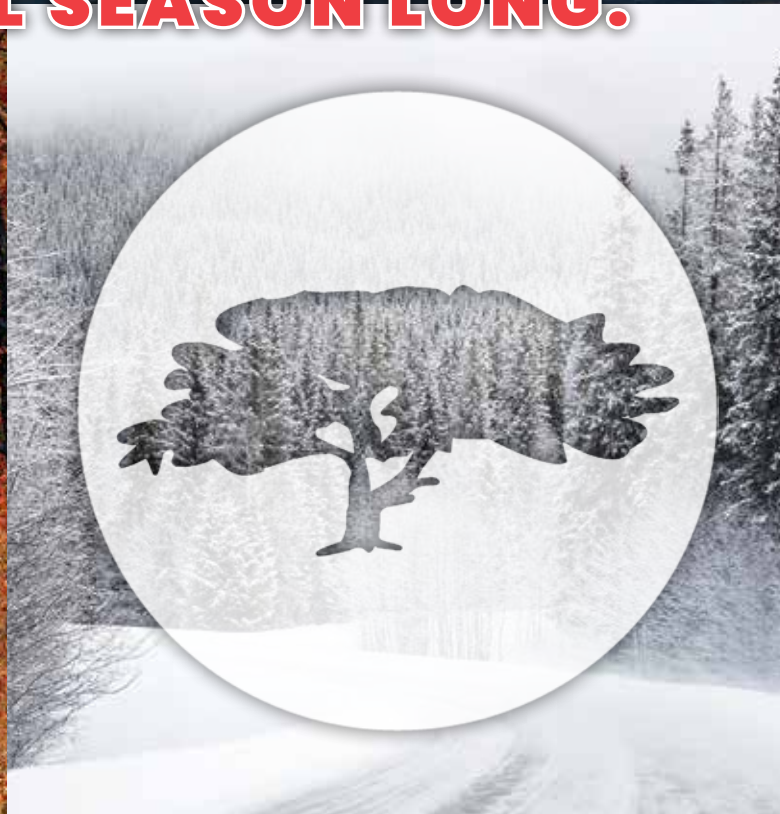
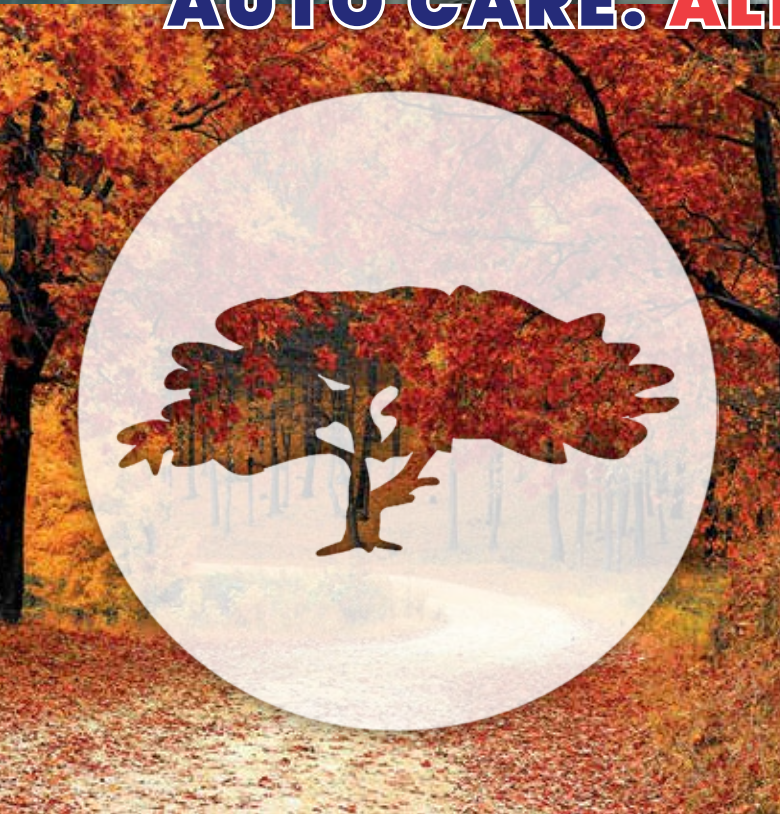
Matt and Kimmy Schimek



Gina Wright, Sidney Wright and Anna Mable



Josh and Olivia Hildebrand and Kris Schroeder



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