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AUGUST 2023

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WELCOME

JUST a few words

The thrill of victory. The agony of defeat. Most anyone who watched sports on TV in the 1970s remembers those famous words of sportscaster Jim McKay in the opening of ABC's "Wide World of Sports," along with the horrific crash of Yugoslavian Vinko Bogataj on the ski jump in Obersdorf, Germany. Ouch.

Participating in sports certainly brings some physical injuries and a lot of aches and pains, but it also creates many great memories and life lessons that are the result of purposeful efforts of many coaches who dedicated countless hours to helping young people mature through sporting activities.

Bill Fjetland was my high school wrestling coach for three years. When I was getting started in the youth program, he pulled me aside and said, "You have a lot of natural ability. We need to teach you some technique, and you will be tough." I am sure he doesn't remember saying that, as he said things like that to hundreds of other kids in his coaching career. But those few words inspired me to stay involved with a sport that shaped my life.

Gene Hunt was my high school wrestling coach my senior year in high school. Having a new coach wasn't easy. I realized later that being a new coach wasn't easy either. His coaching approach and philosophy were much different than his predecessor. Not better or worse. Just different. I remember him once yelling out during practice, "There is only one person in the wrestling room right now working his tail off, and that is Shane Goodman." I wasn't the most talented athlete, but I did take pride in my work ethic, and he knew that would inspire me — as well as the others in the room who wanted him to say the same about them. I doubt he remembers those comments either.

Coaches can have some of the most significant impacts on young people, sometimes with just a few words. Of course, a few words can also have a negative effect, and that doesn't just go for coaches. In a sense, we are all coaching someone every day, whether we realize it or not. And it is our job to help others revel in the thrill of victory and understand how to deal with the agony of defeat.

Thanks for reading. ■

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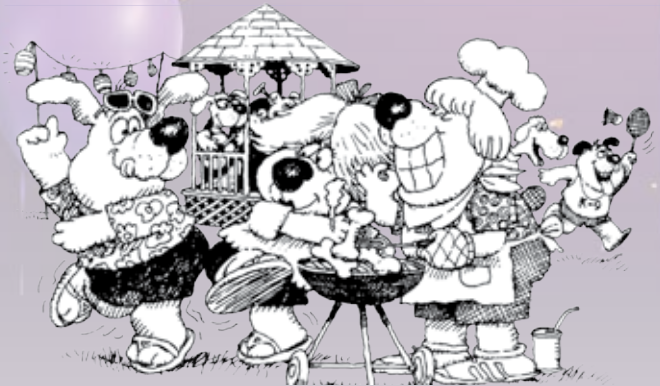
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PUT ME IN, COACH

Residents recall the coaches
who impacted their lives

By Chantel Boyd

Coaching is about much more than teaching the fundamentals of a sport. It is about developing the heart and mind of an athlete. It is about encouraging, leading and building relationships. It's about more than a winning season. It's about developing the mindset of a winner — not only in competition but in life's endeavors. Great coaches do that — and more, as the athletes whose lives they touched can attest.

Rachael Tibby coaches girls' basketball at the Amateur Athletic Union (AAU) level.



Lessons, confidence and fun

"She's a woman I am proud to call mom and coach," says Riley Jones about her mom and softball coach, Kim Jones.

Kim Jones played for Urbandale softball and was a three-time First-Team All-State pitcher and a member of the 1976 and 1977 State Championship teams. After playing for Urbandale, Kim played for Arizona State University. She served as the head coach at Urbandale and later coached at AIB School of Business.

"She loves the game with a passion. She provided overwhelming support on and off the field for her players," says Riley.

And the skills Kim taught on the field transferred to life off the field, says Riley.

"She made sure we realized the game of softball can provide lessons that you can take off the field to be a positive, kind person in this world," Riley says. "We became more confident in our skills, abilities and ourselves. She is brilliant at helping you focus on the bigger picture and pulling yourself out of a selfish place to understand softball is a team sport, and your energy is contagious, so it counts."

Coach Jones taught players to not give up on

themselves because "you always have time to make a positive impact," Riley quotes her as saying.

"She placed a hunger inside me that I never knew was there — a desire to be great and never forget to turn around and pull someone up with you," says former player Nicole Ulsh. "She had her own family, but she loved me as her own."

"Kim was more than just a coach," says former player Jenna Lack. "She taught us how to be leaders, give back to the community, and be kind to one another. My favorite thing playing for Kim was doing our community service projects, including Miracle League."

Some of Riley's favorite memories with her mom on the ball field were sliding into the bases and jamming to the music.

"We were hands down the scrappiest team on the bases," says Riley.



Riley Jones and her mom and coach, Kim Jones



Kim Jones played for Urbandale softball and was a three-time First-Team All-State pitcher and a member of the 1976 and 1977 State Championship teams.

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Even when the team was down or lost, Kim encouraged the girls to be loud and proud.

“She was thrilled that we kept our spirits up,” says Riley. “Just that we kept having fun and putting in the effort was enough for her.”

Riley says she is glad she was among the girls taught to lift each other up.

“The girls who lift others up are the true leaders in the sport,” she says. “I can’t imagine a better life and childhood than Kim, as coach and mom, gave me and many of my teammates.”

Riley says her mom has been her greatest advocate, and her coaching style reflects her encouragement as a mother. Riley struggled with learning difficulties but says Kim taught her to never give up.

“She taught me to work hard. Working hard in softball is one thing; working hard in an educational setting when you have severe learning differences makes ‘working hard’ seem impossible. She is a brilliant woman and educated herself on my specific learning barriers to help me,” Riley says.

Riley now, in her career, does the same thing that Kim did for her. Her mother inspired

her to pursue a master’s degree in vocational rehabilitation and mental health.

Riley felt other educators, though meaning well, were not quick to point out her strengths, only her weaknesses.

“Not many would start by sharing my strengths. My mom always encouraged others to find the good and share it with them,” she says. “Because of her, I achieved my master’s from Drake. I now work with individuals with barriers to independence, supporting them in finding their strengths and learning how to advocate for themselves.”

High school and beyond

“He is one of my all-time favorite people in this world.”

That’s how Donna Hill speaks about her former Urbandale volleyball and basketball coach, Kimbrook Tennal, who had a 43-year coaching career that included 26 state championships in volleyball, basketball and track and field. He finished his career in volleyball and basketball with a coaching record of 1098 wins to 97 losses.

Donna first met Tennal when he was her



Coach Tennial and Donna Hill.

physical education teacher when she was in the fifth grade .

“He made P.E. so fun,” she says. “I remember that I could walk on my hands — and so could he. He would challenge me. He was a very positive but adamant coach.”

Donna’s family wasn’t supportive of her playing sports at first. They were dairy farmers, and everyone in the family was expected to work. She pled with her mother, “Everyone is out for volleyball,” and she agreed, but her dad

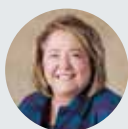


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Donna Hill with Coach Tennial's daughter, Miklannet Tennial, and family friend Damion Rusche with the sub-state basketball championship plaque her senior year (1986).

needed more convincing.

Coach Tennial went to Donna's family farm and talked to her dad about her playing high school sports.

"I'm not quite sure what he said, but it worked, because my dad let me play volleyball and basketball all four years of high school," says Donna.

"I told him that she was a special kid, a leader, a hustler, a hard worker — everything I

could think of to try and get him to let her play sports," Coach Tennial says.

He knew that Donna's parents may not have been able to afford to buy her a volleyball, so he gave her a used one so she could practice at home.

Coach Tennial's involvement led to Donna going to college.

"Volleyball got me to Highland Community Junior College," she says. "I was the first in my family of five older brothers, a younger sister and brother to attend college."

She also developed a lifelong love of sports — both playing and coaching. Donna played in adult volleyball leagues until her 40s and spent 28 years coaching volleyball.

"I reached out to Coach for advice," Donna says. "We continued to reach out to each other."

As a coach, Donna's volleyball team and Coach Tennial's made it to the 1A state tournament in 2013, but the teams were in different pools.

"I wanted so badly to get to play against his team," she says.

Donna says Coach Tennial imparted much coaching and life wisdom to her.

"Coach Tennial taught me that, the harder you work, the harder it is to lose," she says.

"This transferred to life lessons. You might get knocked down, but you must get up and keep going."

Basketball practices were strenuous for Donna, she says, but they led to success in her senior year.

"We were 24-1. Our team still holds three records at the 1985-1986 3A girls' state tournament," she says.

As a coach, Donna says she used the motivational phrase she learned from Coach Tennial: "The team that won't be beaten can't be beaten."

Donna says she is thankful to Coach Tennial for teaching her about sports and life.

"It is because of Coach Tennial that I am who I am today. He pushed me to become the best me I could be both on the court and off," she says.

Coach Tennial admits that he knows his impact on Donna's life, but he's not sure she knows her effect on his.

"I know that I changed her life, but I feel like the lucky one," he says.

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Coach and dad

Mark Tiby coached Urbandale girls' basketball for more than 20 years. His coaching career spanned 35 years and included coaching girls basketball, swimming, track and field, and softball. He is a member of the Iowa Coaches Association Hall of Fame and National Coaches Association Hall of Fame and a recipient of the Pursuing Victory with Honor Character Counts award.

Now, his daughter, Rachael Tiby, coaches girls basketball at the Amateur Athletic Union (AAU) level. She has coached all ages and has been coaching for 12 years.

Rachael played high school basketball on her dad's team from 2003-2007.

"My dad — and coach — was supportive of the multi-sport athlete and had a healthy mix of pushing our teams but making himself approachable at the same time," Rachael says.

Whether students were star athletes or hanging out on the bench, she says the players greatly respected her dad.

"Everyone I know from growing up has a lot of respect for how he treated us," she says.

Rachael may be a mirror image of her dad on the court. She says she prides herself on emphasizing the basics and never wavering when

it comes to fundamentals.

She is also focused on being a great role model, she says. She advocates other coaches to "teach rather than tell" and to "know when and who to push, and how much." Lastly, she suggests "strike a balance between cheering and critiquing because everyone needs to hear what they're doing right and not just when they're doing wrong."

She stresses to other coaches that perfect athletes don't exist and to always give grace and celebrate small victories.

Ironically, Rachael recalls shooting baskets in the driveway with her mom, Beth Tiby, more than with her dad, who she says wanted her to take the initiative to work independently versus forcing her to go to the gym.

"Looking back, I admire and appreciate this the most about him," she says.

Having her dad as her coach was sometimes challenging, Rachael says. Driving home with her dad after a brutal practice wasn't easy.

"It was hard for me to not let things from the court carry over into our personal lives," she says. "Being forced to do this taught me to segment different aspects of my life and not allow something from one area to carry over and affect another."

Mark's best advice to Rachael was, "Things



Mark Tiby and daughter, Rachael Tiby

are earned, not given," she says.

"I wasn't handed anything because I was the coach's daughter. He constantly told me I needed to work twice as hard as everyone else."

Rachael learned from her dad that sports test players mentally, physically and emotionally, she says.

"Sports are a tool that prepares you for life."

In 2019, Mark was selected to coach the 2019 high school girls' All-Star Game, and he chose Rachael as his assistant.

"We got to lead practice and coach the game together for one of the 5A All-Star teams of girls across the state. It was one of my favorite moments," she says. ■

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MEET Zach Maertens

Especially enjoys teaching fifth graders social studies



Zach Maertens enjoys teaching fifth grade and seeing former students while coaching the high school girls tennis team.

Zach Maertens' first experience with the Urbandale Community School District was as a student teacher at Rolling Green Elementary School 15 years ago. Now, he teaches fifth grade at Webster Elementary School and is the head coach for the high school girls tennis team. He says he likes teaching students at the fifth grade level because he enjoys motivating them and watching them change for the better.

"I like Mr. Maertens because he doesn't just teach us about the regular subjects, he teaches us things about life like how to have a conversation. His classroom is like a team and family," says Maryn Cole, a former student.

Maertens says his favorite subject to teach is social studies. While learning social studies, his students try to solve historic cases that haven't been solved. To do this, they use real primary sources to investigate the cases and come up with a solution. His students also create video presentations where they interview historic figures. Maertens' favorite project asks, "Who fired the first shot in the shot heard around the world?"

"In social studies, we learn about American history," says Ella Brockman, former student. "I love history for the first time and came up with a great case to solve the real mystery."

Maertens says some of the challenges he faces are dealing with new technologies and social media apps.

His greatest reward, he says, is getting to coach his former fifth-grade students on the high school tennis team. Maertens says that spending a full year with them in fifth grade and then watching them turn into high-character adults allows him to see what works and what doesn't for his current students.

"Having Mr. Maertens as a teacher truly had an impact on my life," says Sydney Thielman, former student and current tennis player at Urbandale. "Him now being my coach is even better and has helped me improve and make me a better player overall."

During the summer, Maertens enjoys getting to spend time with his children in the afternoons. In the mornings, he coaches tennis to first-through 12th-grade students. When the next school year begins, Maertens says he excited about getting 27 new students and getting to know each one and their families. ■

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Last year, we met with a woman who was just 59 years old and wanted to retire to care for her ailing husband. She didn't think it was possible. We put together a detailed plan that showed her how and why she could do it. Though she had difficult circumstances, there was a sense of relief and joy when she found out she could confidently retire her way.

Conversely, we started working with a couple in their early 60s a few years ago. Their previous advisor had told them they could retire at the end of the year with a 99% probability of living the retirement they'd envisioned. When we performed our analysis, we found they would likely run out of money by the ages of 75 and 80. They were shocked and dismayed but glad to know this before they retired rather than five or ten years after. We then put together a written strategy that included actionable and measurable goals. As a retirement planner — and not an accumulation advisor, my primary responsibility is to be completely transparent and deliver the truth. It also means having a proven process to help you retire your way using a customized, written plan. ■

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THE IMPORTANCE of a last will and testament

Occasionally, clients believe they don't need a last will and testament. Reasons for this vary, including the assumption that the person's family knows how assets are to be distributed or the belief that verbal instructions or written lists are sufficient. Without a formal will, however, assets must pass according to Iowa law.

If you die without a will, the probate court appoints an administrator for your estate.

The court's choice may not match your choice. The court-appointed administrator will distribute your property according to the state intestacy laws. These laws may differ from your desires.

In Iowa, if you die without a will (intestate), and if you have no children or children only from your current marriage, your entire estate passes to your surviving spouse. However, if you have children from another marriage, your surviving spouse will receive either one-half of your estate or the first \$50,000, whichever is greater. Your children will share equally in the remaining portion of your estate. That may come as a surprise to a client who assumes a surviving spouse will inherit everything.

If you have no surviving spouse, your estate will be divided equally



among all of your surviving children. While this includes children adopted by you, it does not include step-children. If you have no surviving spouse and no children, the rules of inheritance follow a strict pattern to your parents, then to your siblings (the children of your parents), then to your grandparents and the children of your grandparents. In the absence of surviving family members, your entire estate could revert to the State of Iowa.

These rules assume that you want all of your immediate relatives to share equally in your estate. But, you may not want certain relatives to receive shares of your estate. These rules do not account for the needs of heirs with disabilities.

In a legally-executed and properly drafted written document — your last will and testament — you can nominate the representative of your estate and set out a plan for dividing your assets. The major benefit of a will is that it allows you to direct the distribution of your estate according to your wishes, rather than according to statute.

Consult with an experienced attorney to update your will. ■

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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ADULT children of emotionally immature parents

As adults, we can see interactions with parents in a different way than when we are children. Unfortunately, sometimes what we can see is disappointing or unhealthy. Emotionally immature parents are often unable to respect boundaries, struggle to understand emotional needs other than their own, and are generally unable to accept distance or other requests made by their adult children.

In many cases, emotionally immature parents cannot accept any responsibility or accountability for their own actions. Relationships with emotionally immature parents are often difficult to manage and bring up questions about whether the relationship can be healthy or whether cutting ties is for the best. This is never an easy decision and can result in the adult child feeling guilty and angry at having to face such a decision. It is important to remember that the choices made by the parents do not reflect on you as their child. You are allowed to create boundaries and limit interactions to help create a healthier dynamic for yourself. While emotional immaturity can be an issue for many reasons, including mental health concerns, the bottom line is, as adults you have a right to decide what you are willing to tolerate. ■



Information provided by Shelly Stewart-Sandusky, MS, LMFT, SS Therapy and Consulting, Ltd, 4725 Merle Hay Rd, Ste 205, Des Moines, IA 50322, www.sstherapyandconsulting.com, 515-528-8135.

BEFORE YOU GO

By Tosha Edmundson

THE MEANING in a memorial

I hadn't spent time in cemeteries previous to working in one enough to notice the patterns and meaning behind how memorials are designed and even laid out on the grounds. Reasons behind a cemetery layout are often biblical. Many of the individual areas within a cemetery have biblical context — Trinity, Prayer, Resurrection. The way the memorial is facing is even of biblical relevance. The Bible teaches that when Jesus returns, He will come from the east, and the dead in Christ will be raised to meet him. If two had been joined in matrimony, Christian tradition would have the man standing on the right of his wife facing the east, therefore, being buried on her left. I challenge you to look closer the next time you're visiting a cemetery.

While this is some interesting history, every family's story, beliefs and desires are different and should be honored. Many times the wife is buried on the left side because it is closer to her family. Perhaps they just liked how it looked on the memorial better. You may see three names on a memorial or a single name. Nearly every aspect of a memorial can be customized. Whether driven by tradition, faith or the unique life lived by a person, designing a memorial is a meaningful process.

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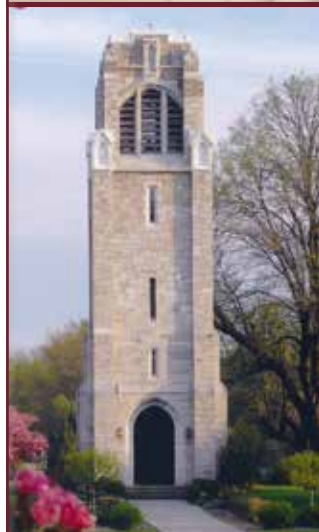
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NEVER too old for orthodontics

Orthodontics is not just for kids anymore. In fact, one out of every three orthodontic patients is over the age of 18. That number has been rising, and you may be wondering why. Keep reading to find out why more adults are seeking orthodontic treatment and how you can, too.



Why adult orthodontics?

Your teeth continue to shift throughout your life, whether you had orthodontic treatment as a child or not. If retainers are worn from previous treatment, teeth will remain in their proper location. If retainers are not worn, the teeth (especially the lower front teeth) want to move and shift as you get older. Shifting teeth are not only an eyesore, but they can also become a mouth sore, too. Shifting teeth may cause you to bite your tongue or cheek and make it more difficult to clean your teeth. So, how can you get them fixed and by who?

No referral needed

An orthodontist is specifically trained to correct crooked, spaced, misaligned teeth and jaw issues. An orthodontist attends an additional two to three years of school after completing four years of dental school. The best part is, no referral from your general dentist is needed. Just pick up the phone and call or do an online search, and you are ready to start smiling. What's that? You don't want metal braces as an adult? No worries.

Less noticeable options available

Orthodontics has improved greatly since you and I were kids. There are so many great options ranging from smaller metal braces to clear braces or even clear removable aligners. A good orthodontist will consider your lifestyle and treatment preferences then match it with the best treatment option to correct your concerns.

Health and longevity

People are living longer than ever before, so you owe it to yourself to have not only a beautifully confident smile, but a healthy one. Leaving misaligned teeth untreated can lead to cavities,

gum disease, worn teeth, sensitive teeth and trouble chewing. Just because you get older doesn't mean you have to get dentures someday. Aligning teeth is the first step to ensuring you can keep your teeth for a lifetime.

Confidence

If you are keeping your teeth for life, you should have a smile that makes you proud and that you can show off. The camera phone is not going away any time soon. It is inevitable you will be in photos if you want to or not. Why not get a smile you can feel confident sharing in photos or in person?

Whether you are an adult wishing to improve the appearance of your smile or improve the bite and function of your teeth, an orthodontist can help. Thousands of adults are treated by orthodontists every day. I promise, you won't be the only one. Go ahead, treat yourself and call the orthodontist for a free consultation today. ■

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

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- Jon & Marcia Bergren

DEMENTIA

caregiving strategies

As a caregiver, we often use intuition to help us decide what to do. No one ever gave us lessons on how to relate to someone with memory loss. Unfortunately, dealing with Alzheimer's disease and other dementias is counter-intuitive. Often the right thing to do is exactly the opposite that which seems like the right thing to do. Here is some practical advice.



- Being reasonable, rational and logical will get you into trouble. Straightforward, simple sentences about what is going to happen are usually the best.
- People with dementia do not need to be grounded in reality. When someone has memory loss, they often forget important things. It is important to meet them in the moment where they are currently. Trying to correct them will and can cause confusion and issues.
- You cannot be a perfect caregiver. Just as there is no such thing as a perfect parent, there is no such thing as a perfect caregiver. Learning to forgive your loved one as well as yourself is essential.
- Therapeutic lying reduces stress. We tend to be meticulously honest with people. However, when someone has dementia, honesty can lead to distress for both the caregiver and the one you are caring for.
- Making agreements doesn't work. If you ask your loved one to not do something ever again, or to remember to do something, in most cases, it will soon be forgotten.
- Doctors often need to be educated by you. Telling the doctor what you see at home is important. You can't do it all. It's OK to accept help before you get desperate. When people offer to help, the answer should always be "yes."
- It is easy to both over-estimate and underestimate what your loved one can do. It is often easier to do something for our loved ones than to let them do it themselves.
- Tell, don't ask.
- It is perfectly normal to question the diagnosis when someone has moments of clarity.

One of the most difficult things to do is to remember that we are working with a disease, not the person who once was. Individuals with dementia will have times when they make perfect sense and can answer questions appropriately. ■

Information provided by Tiffany Michaud, Community Director, Edencrest at Timberline, 14001 Douglas Parkway, Urbandale, 515-422-8096, welcometl@edencrestliving.com. Information from Family Caregiver Alliance.

URBANDALE Public

Library news

New resource

Urbandale Public Library users can now access Mango languages with their library card. The language-learning platform offers more than 70 languages in addition to English as a second language courses in more than 20 languages. Mango aims to build real-world language skills by emphasizing proficiency through commonly used phrases, pronunciation through voice comparison technology, and cultural understanding through insights. Mango is available through a web browser or by downloading the app.



Upcoming events

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., 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 online and off. Due to the content of the documentary and discussion, this program is intended for a mature audience (older children with parent, teens and adults).

The Urbandale Public Library is pleased to partner with the Urbandale Historical Society to host their upcoming series beginning in September. The series will feature different speakers on the second Sunday of each month at 2 p.m. in the library's meeting rooms. Join us Sept. 10 for a spotlight on the Urbandale Community Theater presented by Carl Johnson and Judy Blessington.

Members of the public who appreciate a sensory-friendly environment are encouraged to attend the next Sensory Spaces on Sunday, Sept. 10 from 5-6 p.m. To learn more and to register, visit our website and click on "Sensory Spaces" under the Programs tab.

Storytimes, afterschool fun, teen and tween programs, and more will return in September. Check our website for more details: www.urbandalelibrary.org.

Check it out

The Library Board recently approved the inclusion of teen materials in the children's fine-free policy. Throughout the trial period for fine-free children's items, feedback from library users strongly supported materials in the teen collection being included. We appreciate the support and feedback we have received regarding this policy and will continue to be responsive to supporting inclusive and accessible library policies for our community. In this spirit, all items in the library's collection are now set to automatically renew. Items will automatically renew two days prior to the original due date. Materials can be renewed a maximum of two times per check-out period. ■

How to Ease Back-to-school Anxiety



1. Provide a safe space for children to share feelings.

Create regular one on one times with little distraction. Creative activities like playing and drawing in a low-key environment will encourage children to express their feelings to you.

2. Listen, listen, listen.

Let your child lead conversations. Resist the urge to do all the talking. When it is your turn to talk, remain calm and speak kindly and reassuringly.

3. Recognize that anxiety is normal.

Let your child know that being anxious or nervous is something that everyone goes through from time to time. Remind children that when they have a problem you are there to help.

4. Encourage kids to pace themselves.

Some teenagers particularly can become overextended. Encourage them to slow down and teach time management skills at an early age.

5. Maintain a normal daily routine.

Aim for your children to wake up and go to bed at the same time each day. Stay hydrated and keep up with a healthy diet. Encourage daily physical activity outside of school.

Consult your pediatrician if your child shows any of the following behaviors:

1. Has a significant change in sleep or eating habits.
2. Has repetitive, self-destructive behaviors such as hair-pulling or skin-pinching.
3. Withdraws from family, friends or activities.
4. Shows excessive worry about the future or needs constant reassurance.
5. Talks about self-harm or suicide.



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EVENTS IN THE AREA

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

Check for cancellations

Museum programs at the library

Second Sundays monthly, 2-4 p.m.
Urbandale Public Library, 3520 86th St.

Sept. 10, "Urban Community Theater, by Carl Johnson

Oct. 8, "Paranormal Activity: Olmsted-Urban House and others" by Norm Huitt and Dane Anderson

Nov. 12, "Park and Rec in Urbandale" by Jan Herke

Walk for the Future

Saturday, Aug. 26, 10:30 a.m.
Walker Johnston Park Giovannetti 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. 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. See more at www.iowasids.org.

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.

World Food & Music Festival

Aug. 25-27

Western Gateway Park, 1205 Locust St., Des Moines

Enjoy a weekend of international cuisine, live music and performances. For a full schedule, visit www.dsmpartnership.com/worldfoodandmusicfestival.

Halfway to St. Pat's Car Show

Sunday, Sept. 17

Mugsy's Pizza House, 1225 Copper Creek Drive, Pleasant Hill

The Friendly Sons of St. Patrick are holding a fundraising car show to benefit the St. Patrick's Day Parade. Bring your classic or unique vehicle to this show for \$25 registration fee, beginning at 10 a.m. until noon. Trophies will be awarded at 2 p.m. See more at www.friendlysonsiowa.com.

Ingersoll Live

Aug. 26, 3-10 p.m.

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Ingersoll Live is a family-friendly block party with three stages of live music and entertainment plus local vendors, food trucks, art and activities. For more information, visit www.theavenuesdsm.com. ■



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RECIPE

STEPS toward heart-healthy eating

(Family Features) As the leading cause of death among Americans, according to the Centers for Disease Control and Prevention, heart disease often results from uncontrolled high blood pressure, high cholesterol, diabetes, and obesity. However, a heart-healthy eating plan can help lower or control these risk factors and put you and your family on a path toward better heart health. Consider these tips from The Heart Truth program of the National Heart, Lung, and Blood Institute (NHLBI):

- One way to get started on a path toward heart-healthy eating is to change your way of thinking about how and what you eat. For example, use smaller plates to help limit portion sizes. Chew food slowly and consider the textures and flavors of different food as you eat.

- Put together an eating plan that offers a balance of calories and nutrients including vegetables, fruits, whole grains and low-fat or fat-free dairy. Consider make-at-home

favorites like Heart-Healthy Pita Pizzas, which include grilled chicken as a better-for-you alternative to methods such as frying.

- Swap out sugary or salty snacks and instead enjoy lower-calorie treats. Try options like a cup of seedless grapes, small banana, cup of cherry tomatoes, handful of unsalted nuts or half cup of low-fat or fat-free yogurt.

- It is possible to eat healthy foods in restaurants. To control portion sizes, try tactics like eating half your entree and taking leftovers home for another meal. Choose foods that are broiled, baked or roasted to limit calories. Ask for low-sodium menu options and request butter, gravy, sauces and salad dressings on the side or leave them off completely.

Visit hearttruth.gov to find more healthy eating inspiration and find DASH-friendly back-to-school recipes at healthyeating.nhlbi.nih.gov. ■

Heart-healthy pita pizzas

Prep time: 10 minutes
Cook time: 8 minutes
Servings: 4

- 4 whole-wheat pitas (6 1/2 inches each)
- 1 cup chunky tomato sauce
- 1 cup grilled boneless, skinless chicken breast, diced (about 2 small breasts)
- 1 cup broccoli, rinsed, chopped and cooked
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon fresh basil, rinsed, dried and chopped (or 1 teaspoon dried)

Directions

- Preheat oven or toaster oven to 450 F.
- On each pita, spread 1/4 cup tomato sauce and top with 1/4 cup chicken, 1/4 cup broccoli, 1/2 tablespoon Parmesan cheese and 1/4 tablespoon chopped basil.
- Place pitas on nonstick baking sheet and bake 5-8 minutes until pitas are golden brown and chicken is heated through.



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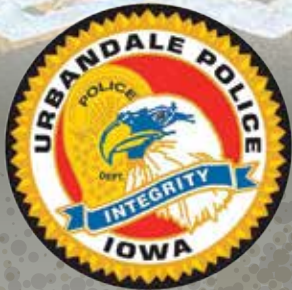
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By Sam Yeager

AC: modern marvels

Get ready to chill, because we're about to embark on an adventure that will leave you wanting to upgrade your AC unit immediately.

Gone are the days of clunky, energy-draining air conditioners that seemed to blow more hot air than cold. Today's air conditioners are like sleek, energy-sipping ninjas, ensuring your comfort without breaking the bank. So, why exactly are newer AC units so efficient? Let's unveil the secrets:

Modern air conditioners employ state-of-the-art technology, such as variable-speed compressors and smart thermostats. These smart features allow your AC to adjust its output based on your cooling needs, ensuring that it doesn't work harder than necessary. It's like having a personal cooling assistant, always tailoring the perfect temperature just for you.

Say hello to the superhero acronym of air conditioners — SEER. This stands for Seasonal Energy Efficiency Ratio, and it's an indicator of how efficiently your AC uses electricity. The higher the SEER rating, the more efficient your unit is, and the more you'll save on utility bills. Newer models can boast SEER ratings of 20 or more, while older ones typically have ratings below 10. Upgrade, and you'll see the difference on your monthly bills.

Not only do newer air conditioners save you money, but they also play a part in saving the planet. Many modern AC units use eco-friendly refrigerants that are kinder to the environment. You can stay cool while feeling good about your carbon footprint — talk about a win-win situation.

Your new AC can also play nice with other smart devices in your home. Imagine controlling your cooling remotely through your smartphone or integrating it with your smart home assistant. Turn your home into a futuristic, chill-zone paradise where the temperature bends to your will.

Newer air conditioners are built to last. With proper maintenance, they can provide reliable cooling for years, unlike older models that often required frequent repairs and replacement parts. Investing in a modern AC is a long-term commitment to staying cool and comfortable.

There's a world of difference between older AC units and the sleek, efficient wonders available today. Upgrading your air conditioner is a decision that brings you instant comfort, significant savings, and a nod to environmental responsibility. Embrace the chill, embrace the efficiency, and embrace the wonders of modern air conditioners. Remember, life's too short to sweat away in discomfort, especially when the solutions are as cool as the breeze from a modern AC. Keep it chill, folks. ■



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

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HURRY! POLL CLOSES SEPT. 8, 2023.

See rules and vote at www.iowalivingmagazines.com/residentspoll.
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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
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FAITH By Steve Smith

HIDE in God, not from God

Little children cover their eyes to hide because they believe, if they can't see us, we can't see them.

Many people operate under this childish delusion in relationship to God; if I can't see Him, then He can't see me. God's word disagrees.

"Am I a God who is near," declares the Lord, "and not a God far off? Can a man hide himself in hiding places, so I do not see him?" declares the Lord" (Jeremiah 23:23-24). The answers to the questions above are "yes" and "no" respectively.

The religious leaders and their followers in Jeremiah's day were pretending to be righteous but were in fact rebellious. They believed God was oblivious to their wickedness. But He was as cognizant of it then as He is aware of our evil now. There is no hiding from God.

Sadly, the spirituality practiced by millions worldwide today amounts to hiding from the one true God and what His word declares: "Jesus said to him, I am the way, the truth, and the life; no one comes to the Father, but through me" (John 14:6).

Many worship their work. Gordon Dahl aptly stated, "We worship our work, work at our play, and play at our worship." Others worship the earth, money, self-indulgence, influence, family, celebrities, physical fitness or drug-altered consciousness.

There is another whole set of people who reject all spirituality, deny God, and believe their thoughts, words and deeds are unseen. God's word counters their conviction: "And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do" (Hebrews 4:13).

God's word cautions all people who hide from Him — whether by imitating genuine spirituality or ignoring it — that serious and severe punishment awaits them (Jeremiah 23:34,40).

God's word also calls all people to hide in Him. "Come to Me all you who are weary and heavy laden and I will give you rest..." (Matthew 11:28). This is an invitation to turn from our rebellious lives that reject God's lordship and trust in Christ, whose death and resurrection secured pardon from the punishment our evil deserves, peace with God, the peace of God, purpose in life, power to live rightly, Christ's presence daily, and promised eternal life for all who believe (Romans 10:9-10).

God alone is a "refuge and very present help in trouble," providing peace in panic, clarity in confusion, relief in remorse, healing in our hurt, and safety when we're scared.

Please stop hiding from God and start hiding in Him through faith in Christ. ■



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

RIBBON Cutting

Urbandale Chamber of Commerce hosted a ribbon cutting for Edencrest at Timberline on June 29.



Amy Croll and Aaron DeJong



Brandi Smith and PK Christopherson



Tiffany Michaud and Jim Sarcone



Melodee Pomerantz and Kelsey Chaves-White



Brittany Wallen and Keri Weidmaier



Kyle Davis and Jade Harris



Shawn Kinnison and Jay Mathes



Rusty Bene and Michael Kix



Mark Takes and Michael Bialas



Al Buck and Matt Weller



Anna Mable and Sidney Jacobson

OUT & ABOUT



Taylor Morris, Christine Giberson and Megan Ries at the AM Exchange hosted at Hungry Boyz on June 27.



Pat Pithan and Bryan Moon at the AM Exchange hosted at Hungry Boyz on June 27.



Hud Lainson and Alexander Vlach at the AM Exchange hosted at Hungry Boyz on June 27.



Hyper Energy Bar hosted a ribbon cutting at its new location, 3739 86th St. in Urbandale, on July 14.



Raelynn Davis and Sammy Engle at the Hyper Energy Bar ribbon cutting at its new location, 3739 86th St. in Urbandale, on July 14.



Jay Mathes and Creighton Cox at the Hyper Energy Bar ribbon cutting at its new location, 3739 86th St. in Urbandale, on July 14.



Chris Crone, Thresa Stone and Cherie Moen at the Hyper Energy Bar ribbon cutting at its new location, 3739 86th St. in Urbandale, on July 14.



Sam Holstein and Emily Sutton at the Hyper Energy Bar ribbon cutting at its new location, 3739 86th St. in Urbandale, on July 14.



Anna Mable, Dee Mable and Kate Mulder at the Hyper Energy Bar ribbon cutting at its new location, 3739 86th St. in Urbandale, on July 14.



Martha Munro and Amber Rhoades at the Urbandale Chamber of Commerce ribbon cutting for Edencrest at Timberline on June 29.



Ashley Aust and Joey Taylor-Moon at the Urbandale Chamber of Commerce ribbon cutting for Edencrest at Timberline on June 29.



CITY OF URBANDALE

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 pro tem Matt Blake presents the National Night Out proclamation to Urbandale Police Officer Meagan Cowden at the Council Meeting on Tuesday, July 25.

July 25, 2023 - Council Meeting

The City Council met on Tuesday, July 25, and Mayor pro tem Matt Blake began the meeting with a proclamation designating Tuesday, August 1, as National Night Out in Urbandale.

The City Council accepted a \$414,000 bid to install splash pad equipment at Lions Park. Construction is anticipated to be finished next year in the spring and ready for use in the summer of 2024. The Council also

approved a \$46,000 purchase for a pickup truck for the Parks & Recreation Department for maintenance and snow removal.

The City Council approved the Safe School Routes for schools in Urbandale. The routes are reviewed and updated by the Pedestrian Safety Committee, which was created by the Mayor and City Council to periodically review the traffic conditions near schools. The committee is comprised of school district, police department, and city officials.

July 11, 2023 - Council Meeting

The Mayor and City Council met on Tuesday, July 11, and started the meeting by approving routine items such as bills and meeting minutes.

The City Council approved a multi-year agreement for additional traffic cameras in various locations to record the rear image and license plate of vehicles traveling in Urbandale. The camera system can run real-time inquiries with the National Crime Information Center (NCIC) and search for associated criminal activity, stolen vehicles, missing persons, and Amber Alerts. The Police Department initially implemented 14 cameras in May 2022. During the past year, the cameras have resulted in 59 warrant arrests, the retrieval of 14 stolen vehicles, the safe recovery of a missing child, and investigative assistance in 61 criminal cases.

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



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You can watch all the City Council meetings on YouTube and download Council agendas on the City's website.
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PRESSURE

CHANGE
ENGINE OIL

ADD
WASHER
FLUID

REPLACE
BRAKE PADS

CREATE AN
EMERGENCY
KIT

REPLACE
A BELT

REPLACE
SPARK PLUGS

REPLACE
A BATTERY

FREE  SPACE

WAX A CAR

REPLACE
A FUSE

FIX A REAR
VIEW MIRROR

REPLACE
AN ENGINE

INSTALL
NEW LICENSE
PLATES

REPLACE A
COOLANT
HOSE

REPLACE A
CAR STEREO

POLISH
HEADLIGHTS

REPLACE AN
ALTERNATOR

REPLACE A
TIE ROD

REPLACE
SHOCKS OR
STRUTS

JUMP START
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