

URBANDALE

OCTOBER 2023

Living

MAGAZINE

RESIDENTS' CHOICE AWARDS

Clive and Urbandale residents share their favorites



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NEIGHBOR

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COMMUNITY

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WELCOME

RESIDENTS choose again

Welcome to our annual compilation of residents' choices in Urbandale and Clive. We launched this poll to determine the top people, places and events in the area, and the results make for a fun read each year.

We invite residents in the area to vote for their favorites by answering more than 60 questions with open-ended responses. Some other polls rig the results by "suggesting" choices of businesses or requiring them to pay to be on the ballot. That is unethical, in our eyes, as it doesn't give a true snapshot of what the locals really like. Rest assured, these results are 100% organic responses that we received from our online ballots.

We have become quite good at polling our readers and sharing results. I have been gathering this type of information for CITYVIEW magazine for many years, and you are likely familiar with the Best Of Des Moines readers' poll and the certificates you see across central Iowa. That poll was the first of its kind in the metro area, and it continues to be the primary source of central Iowans' favorites. Now we know it not only works for Des Moines, but for Urbandale and Clive as well.

You will likely agree with many of the results, and you will likely disagree with some, too. Hopefully, you took the time to cast your vote. If not, be sure to do so next year. Look to the pages of this magazine for full details as the time draws nearer.

We published the top three vote-getters in each of the categories inside these pages. Be sure to congratulate all the people, places and events that were selected as winners and let them know how much you appreciate them being in these communities.

As always, thank you for reading, and thank you for voting, too. ■



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RESIDENTS' CHOICE AWARDS

Clive and Urbandale residents share their favorites

Another year has rolled around, and it is once again time to check in with local residents about their favorite professionals, businesses, local attractions and more.

The results of the Urbandale and Clive Residents' Choice Poll have been tallied, and congratulations are in order. Whether the top vote getter or one of the runners up, all can truly be proud, for they have earned the respect and loyalty of those who matter most — customers. From favorite restaurant to hair salon, bank, veterinarian, health club, park and more, the people who know — because they live here — have shared their opinions.

When it comes to dining options, Urbandale has you covered. Residents say their favorite restaurant,

favorite place for breakfast and favorite place for lunch are all in Urbandale: The Urban Grill, 100th St. Corner Cafe and Palmer's Deli. And for coffee, they say Friedrichs Coffee is their favorite.

Want to go out with the kids? Get Air Trampoline Park is the residents' choice. And, for a day at the park, they suggest Walker Johnston Park. Finally, be sure to attend the Urbandale Fourth of July celebration, voted favorite event by residents. And that's just the tip of the iceberg.

Whether you agree or not, these are the views of your friends and neighbors. If you didn't cast your votes, be sure to do so next year. To the top three, great job dazzling your customers. To those striving to be in next year's winner's circle, get in gear now. The competition is fierce.

Jacki Cotter, owner, and Shamus Jackson, general manager, of 100th St. Corner Cafe, Urbandale, residents' choice for favorite place to eat breakfast.



FEATURE

Clive and Urbandale Residents' Choice for Favorite ...

(Runners up in alphabetical order)

Restaurant: The Urban Grill, Urbandale

Runners up: Cool Basil, Clive; Cosi Cucina Italian Grill, Clive

Restaurant for breakfast: 100th St.

Corner Cafe, Urbandale

Runners up: 5 Borough Bagels, Urbandale; The Machine Shed, Urbandale

Restaurant for lunch: Palmer's Deli,

Urbandale

Runners up: Culver's, Urbandale; The Urban Grill, Urbandale

Restaurant for dinner: The Urban Grill, Urbandale

Runners up: Cool Basil, Clive; Cosi Cucina Italian Grill, Clive

Restaurant for dessert: Nothing Bundt

Cakes, Clive

Runners up: Cosi Cucina Italian Grill, Clive; The Urban Grill, Urbandale

Place for ice cream: Culver's, Urbandale

Runners up: Baskin Robbins, Urbandale; Dairy Queen, Urbandale

Pizza establishment: Casey's

Runners up: Franka Pizzeria, Clive; Happy Joe's Pizza, Urbandale

Bar: Rookies Sports Bar & Grill, Clive

Runners up: Blue Shark Ale House, Urbandale; Cottontail Lounge, Urbandale

Coffee shop: Friedrichs Coffee,

Urbandale

Runners up: Scooter's Coffee; Starbucks

Caterer: Palmer's Deli, Urbandale

Runners up: Hy-Vee; The Urban Grill, Urbandale

Server / bartender: Gary Anderson,

Nick's Bar & Grill, Clive

Runners up: Kieon Aaron, Cosi Cucina Italian Grill, Clive; Amaya Mahoney, The



Beerhouse, Urbandale

Auto service: Westside Auto Pros, Clive

Runners up: Iowa Auto Repair, Urbandale; Willis Auto Campus

Auto body: Westside Auto Pros, Clive

Runners up: Acheson Auto Works, Clive; Willis Auto Campus

Car dealership: Willis Auto Campus

Runners up: Bob Brown; Stew Hansen

Auto parts store: AutoZone Auto Parts, Urbandale

Runners up: NAPA Auto Parts, Urbandale; O'Reilly Auto Parts

Preschool / day care: Generation Next Child Development Center and Preschool, Urbandale



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FEATURE

Runners up: Montessori Children's Center, Clive; Primrose School of Urbandale

Nonprofit: Clive Community Foundation

Runners up: Clive Community Services; Urbandale Food Pantry

School: Olmsted Elementary School, Urbandale

Runners up: Urbandale High School; Valerius Elementary School, Urbandale

Park: Walker Johnston Park, Urbandale

Runners up: Campbell Recreation Area, Clive; Lions Park, Urbandale

Community festival / event: Urbandale 4th of July Celebration

Runners up: Clive Festival; Food Truck Fridays, Clive

Church: St. Pius X Catholic Church, Urbandale

Runners up: Eternity Church - Clive Campus; Faith Lutheran Church, Clive

Pastor: Fr. David Fleming, St. Pius X Catholic Church, Urbandale

Runners up: Pastor Joe Meyer, Gloria Dei Lutheran Church, Urbandale; Pastor Jesse Newman, Eternity Church - Clive Campus

Chamber of commerce: Urbandale

Chamber of Commerce

Runner up: Clive Chamber of Commerce

Grocery store: Fareway

Runners up: Aldi; Hy-Vee

Boutique: Twist, Urbandale

Runners up: Design Consign, Urbandale; Sassy Ensembles, Urbandale

Retail store: HartSmart Products, Urbandale

Runners up: Amish Haus Furniture, Urbandale; Target, Urbandale

Thrift store: Many Hands Thrift Market, Clive

Runners up: Goodwill of Central Iowa, Urbandale; Stuff Etc, Clive

Home improvement retail store: The Home Depot, Urbandale

Runners up: Habitat for Humanity ReStore, Urbandale; Menards, Clive

Liquor store: Hy-Vee Wine & Spirits

Runner up: World Liquor & Tobacco, Clive

Nursery / garden center: Iowa Outdoor Products, Urbandale

Runners up: Hy-Vee Garden Center; The Home Depot, Urbandale

Place to purchase a gift for a man:

HartSmart Products, Urbandale

Runners up: Hy-Vee Wine & Spirits; Mr. B, Clive

Place to purchase a gift for a woman: Design Consign, Urbandale

Runners up: Active Edge Massage & Wellness, Urbandale; Champion Xpress Carwash, Urbandale

Dad / child date spot: Get Air Trampoline Park, Urbandale

Runners up: Campbell Recreation Area, Clive; Glazed Expressions, Clive

Mom / child date spot: Get Air Trampoline Park, Urbandale

Runners up: Glazed Expressions, Clive; Urbandale Public Library

Place to take your mom and dad: The Machine Shed, Urbandale

Runners up: Cracker Barrel Old Country Store, Clive; The Club Car Restaurant and Lounge, Clive

Place to take your kids or grandkids: Walker Johnston Park, Urbandale

Runners up: Get Air Trampoline Park, Urbandale; Living History Farms, Urbandale

Children's birthday party spot: Get Air

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FEATURE

Trampoline Park, Urbandale

Runners up: Pump It Up, Urbandale;
Sapphire Gymnastics Academy, Urbandale

Hair salon: Salon U, Urbandale

Runners up: Great Clips, Urbandale;
Meraki., Clive

Health clinic: MercyOne Clive Family
Medicine

Runners up: UnityPoint Clinic Urgent Care
- Urbandale; Waggoner Pediatrics of Central
Iowa, Clive

Dental office: Lawson Family Dentistry,
Urbandale

Runners up: Davidson Family Dentistry,
Urbandale; McDonald Family Dentistry,
Urbandale

Mental health service: Bloom Women's
Wellness, Urbandale

Runners up: Clive Behavioral Health,
Clive; Compass Clinical Associates, Urbandale

Chiropractic office: Thrive Family
Chiropractic, Urbandale

Runners up: Optimum Chiropractic
Urbandale; Total Body Chiropractic, Clive

Vision care: Vision Park Family Eye Care,
Urbandale

Runners up: Advanced Eye Care Center,
Urbandale; Urbandale Eye Care, Urbandale

Health club or gym: Planet Fitness,
Urbandale

Runners up: Life Time, Urbandale;
MercyOne Health & Fitness Center, Clive

Pharmacy: Walgreens

Runners up: Hy-Vee; Medicap

Cosmetic services: MercyOne Clive
Plastic & Reconstructive Surgery, Clive

Runners up: Beauty Brands, Clive; Shay's
Beauty Bar, Urbandale

Physical therapy: Champions Recovery
Room and Physical Therapy, Urbandale

Runners up: Kaizen Health and Wellness,
Urbandale; FYZICAL Therapy & Balance
Centers of Clive

Dance studio: Currie Dance & Tumbling
Studio, Urbandale

Runners up: Iowa CATS Dance Company,
Urbandale; The Change Dance, Urbandale

Gymnastics studio: Sapphire
Gymnastics Academy, Urbandale

Runners up: Currie Dance & Tumbling
Studio, Urbandale

Tumbling studio: Sapphire Gymnastics



Colleen Meyer, co-owner, at Friedrichs Coffee,
residents' choice for favorite coffee house.

Academy, Urbandale

Runners up: Currie Dance & Tumbling
Studio, Urbandale

Financial planner: Daniel Timmons,

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Edward Jones, Clive

Runners up: Midwest Heritage Bank, Urbandale; Primerica, Urbandale

Law firm: Abendroth Russell Barnett Law Firm, Urbandale

Runners up: Hubbard Law Firm, Urbandale

Accounting firm: Ann M. Hartz, CPA & Associates, Urbandale

Runners up: Timmins, Jacobsen & Strawhacker, Urbandale

Veterinarian: University West Pet Clinic, Clive

Runners up: Pet Medical Center of Urbandale; West Side Veterinary Clinic, Urbandale

Dog groomer: Stylin Paws, Urbandale and Clive

Runners up: Bark Shop, Urbandale; It's a Ruff Life, Clive

Pet care: University West Pet Clinic, Clive

Runners up: Pet Medical Center of Urbandale; West Side Veterinary Clinic, Urbandale

Lawn care business: The Urban Farmer Lawn and Landscape, Urbandale

Runners up: Sunshine Lawn and Landscape, Urbandale; Designer Lawns, Clive

Landscaping company: Sunshine Lawn and Landscape, Urbandale

Runners up: Designer Lawns, Clive; The Urban Farmer Lawn and Landscape, Urbandale

Heating and cooling business: Dayton Heating & Air Conditioning, Urbandale

Runners up: Lenz Heating & Cooling, Urbandale; Trane Heating & Cooling Services, Clive

Plumbing company: ACI Mechanical, Clive

Runners up: Herr Plumbing, Urbandale; Bill Rhiner's Plumbing Heating & Cooling, Urbandale

Senior living establishment: Edencrest at Timberline, Urbandale

Runners up: Deerfield Retirement Community, Urbandale; Walnut Ridge, Clive

Insurance Company: Buenzow Insurance Group, Urbandale

Runners up: Mark Courter - State Farm,

Urbandale; The Dana Company, Clive

Realtor: Emina Pajazetovic, RE / MAX Precision, Clive

Runners up: Lori Kommes, Re / Max Precision, Clive; Ingrid Williams Real Estate Team, Clive

Bank / credit union: Peoples Bank, Clive

Runners up: Midland Credit Union, Urbandale; Premier Credit Union, Urbandale

Photographer: Sarah B Photography, Urbandale

Runners up: America Duran Photography and Video, Urbandale; Sarah McConnell Photography, Urbandale

Place for guests to stay: Hotel Renovo, Urbandale

Runners up: Hilton Garden Inn, Urbandale; Ramada Tropics Resort & Conference Center, Urbandale

Homebuilding / remodeling contractor: Design2Build, Urbandale

Runners up: Dunlap Construction, Urbandale; F E Remodeling, Clive ■

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'FIDUCIARY' is an important word

"Fiduciary" is a funny but important word to consider when finding the right person to help you plan for retirement. It comes from the Latin "fidere," meaning "to trust." The term may not roll right off your tongue, but we all understand and value the concept of trust.

In the financial industry, a fiduciary must, by law, act impartially and provide advice that is in their clients' best interest. Choosing a fiduciary can help put you at ease when looking for the right retirement planner. This person should be transparent and thoroughly explain investment options and fees. If you are working with someone who doesn't have a fiduciary duty to you, you have fewer legal options should you discover that your best interests were not served. When interviewing a potential retirement planner, a few questions are, "What's your legal obligation to my investments?" and "What investment services or advice will you be providing me?" It's also a good idea to ask for regulatory documentation on how they handle conflicts of interest and what procedures they have to ensure your best interests are placed before theirs.

Check that your retirement planners are all investment advisors registered with the U.S. Securities and Exchange Commission. They will uphold the regulatory requirements needed to be financial fiduciaries.



Aside from regulatory requirements, being a fiduciary is necessary to protect the families and individuals they work with.

Some retirement planners have also passed a rigorous certification and training process established by the National Association of Certified Financial Fiduciaries to obtain the Certified Financial Fiduciary designation. While the other financial designations you might see cover the legalities of a fiduciary, there is no other designation that focuses solely on understanding and being the best fiduciary one can be. This training not only puts retirement planners in a better position to help families and individuals plan for retirement, it keeps the critical word "trust" at the forefront of the entire retirement planning process. Obtaining the Certified Financial Fiduciary designation allows retirement planners to apply a wide array of knowledge to your retirement and ensure that all facets of your plan are intentional, customized and transparent.

When planning for retirement, the Latin you may want to live by is "carpe diem." This phrase means to seize the day, enjoy the moment, and worry less about tomorrow. Finding a retirement planner you trust can help you do just that. ■

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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WHAT is an irrevocable Medicaid trust?

Clients often seek to protect investments and real estate during Medicaid planning. An irrevocable Medicaid trust can be used to help protect assets when the need for an extended nursing home stay arises. With a properly-structured irrevocable trust, admission to a long-term care facility won't require a substantial spend-down of assets. Wealth can be preserved and transferred to the next generation.



An irrevocable Medicaid trust creates an independent legal entity. The trust receives a transfer of funds from the individual. The trust is irrevocable, which means that it cannot be changed or terminated after it is established. After the transfer of assets, the donor has no further control over the money. Neither the donor nor the donor's spouse should act as the trustee.

This type of trust takes advantage of Medicaid's five-year look-back rule. As long as contributions are made to the trust more than five years before the donor applies for Medicaid benefits, the state will not penalize the donor for transferring assets, and the assets will not affect Medicaid eligibility.

Because the trust cannot be revoked, assets transferred to the trust are not considered available resources for Medicaid calculations. After

five years from the date of transfer, the assets are ignored completely. Additional assets can be added, but each addition resets the 60-month period.

The trust can be drafted to preserve the donor's right to occupy a home held in the trust. The donor can potentially change the beneficiaries who will inherit the trust property. The trust can be drafted to accumulate or distribute income. For example, if the trust is earning income on invested assets, some or all of that income can be distributed to the donor.

If the irrevocable trust is drafted correctly, contributions will not be countable for Medicaid purposes but would still be included in the donor's gross estate. This ensures that the trust assets receive a step-up in basis at the donor's death, which can significantly reduce any capital gains tax.

The irrevocable Medicaid trust strategy is designed to preserve wealth, but it is best for someone who is planning for future disability because of the 60-month look-back period. If you have questions about asset protection planning, consult with an attorney who specializes in estate planning and Medicaid. ■

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

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EMOTIONAL validation makes or breaks relationships

Emotional validation is a critical skill for healthy relationships. To validate someone's emotions is to communicate the understandability or reasonableness of their feelings. This is not the same as agreeing with the person's stance, and, in fact, this skill becomes all the more important when the feelings of the person you are acknowledging are different from your own. For example, I find coffee disgusting, but, for all the coffee lovers out there, I respect that, to you, it is an invigorating brew in which you find genuine satisfaction. The alternatives to validation include the assertion of one's own perspective (e.g. coffee is gross) or attempts to change a person's feelings (e.g. arguing tea is the superior hot, bitter beverage). These alternatives become problematic when responding to the emotions of others because they imply there is something wrong with the way they feel, since you are either unwilling to relate to their feelings or suggesting they should be different. Instead, practicing validation communicates empathy and respect for differences, which are crucial for navigating conflict. While the coffee example is a mundane way to demonstrate validation, one can easily imagine an emotionally charged interaction in which one person expresses an important feeling, and validation is the only thing that would make them feel seen and cared for. ■



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

BEFORE YOU GO By Tosha Edmundson

'I DON'T want to talk about that'

I have had the privilege of meeting with more than 100 families in the last few months. Many of them are pre-planning for their future burial needs. Other families have found themselves planning the burial of loved one — burials that had been paid for in advance and burials that required decisions to be made after the death occurred. I have found that families are either grateful that conversations were had about the burial preferences in advance or left wishing someone had approached the subject while they still could. So, let's talk about it.



Upon death, there are primarily two choices — a traditional casket burial or cremation. A traditional casket burial will require burial soon after death. A cremation burial can be planned for any time after the service of cremation is complete — perhaps when the weather is more pleasant, when it is easier for family to all gather, when their spouse dies in the future in order to be buried together or maybe not be buried at all. Both cremation and casket burials can be done above-ground or in-ground depending on available options at the cemetery of your choice. See? It's not so hard to start the conversation. This conversation can avoid burdens in the future when grief and loss are already heavy enough.

Give your family the gift of love and care for your future end-of-life needs in advance. ■

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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SPOOKY sweets and brace-friendly treats

Can you feel the anticipation of Halloween filling the hearts of children and adults alike? It's a time for costumes, haunted houses and, of course, candy. However, for those with braces, the joy of indulging in Halloween treats can be shattered by concerns about their orthodontic appliances. Fear not, for we have the ultimate guide to help you navigate the world of Halloween candy while keeping your braces in good shape.

Avoid sticky situations: Sticky and chewy candies are some of the biggest enemies of braces. These candies can easily get lodged in your braces or damage the wires and brackets. This Halloween, steer clear of treats like taffy, gummy bears, caramel and sugar gum. Biting into a sticky candy can lead to a visit to your orthodontist for repairs, and that's no treat.

Chocolatey delights: Good news for chocolate lovers. Most chocolates are brace-friendly. Smooth and melt-in-your-mouth



chocolate bars like Hershey's or Kit Kat are safe choices. They don't pose a significant risk to your braces and are a delightful way to satisfy your sweet tooth. Just be sure to brush your teeth thoroughly after indulging to prevent any sugar-related complications.

Crunchy cravings: Crunchy candies like M&Ms or chocolate-covered pretzels are a great choice for those with braces. They offer a satisfying crunch without the risk of harming your orthodontic appliances. Hard candies like jawbreakers can also be braces-breakers. So, if you want to enjoy them, be sure to suck on the treat instead of biting into them.

Fruity fun: Fruit-flavored candies like Skittles and Sourpatch Kids are often a popular choice during Halloween. While they are not as harmful as harder sticky candies, they can still pose some risks. These candies can get stuck between your braces, so it's essential to clean your mouth thoroughly after indulging.

Sugar-free sweets: If you're concerned about cavities and gum disease during your orthodontic treatment, sugar-free candies and gum are a great option. They won't contribute to tooth

decay, making them a smart choice for those with braces. Look for brands that use xylitol as a sweetener, as it has been shown to increase saliva and decrease your cavity risk.

Pop...corn not braces: Popcorn can come in many varieties, especially in the fall. If you are looking forward to this delicious salty treat, plan to eat it slowly, one kernel at a time, to avoid damage to your appliances. Avoid popcorn balls and other popcorn mixes that may contain nuts or other hard objects that could break your braces.

Halloween can still be a spooktacular time for those with braces by choosing treats wisely. Breakage can cause you to be in treatment longer, and that's a haunting thought. If you ever notice something that is not right, call your orthodontist right away.

Remember to indulge in the magic of Halloween wisely to keep your smile and braces as bright as a full moon. ■

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

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HOLIDAY visits to older family members may reveal problems

The holidays are a time to gather with family, whether with those you see every day or those whom you seldom see. These are joyous times, filled with happy traditions and reminiscing. When visiting elderly family members, you might notice they have slipped and are frailer. Parents or grandparents could have joint pain that prevents them from standing to prepare meals or do laundry.

They may have become isolated or can't get out in an emergency. Sometimes elderly loved ones become unsteady on their feet and are a fall risk. You might notice that the elderly caregiver can no longer provide home health care without suffering from stress and illness.

Cognitive challenges can be harder to recognize, but are also risky. Per the Alzheimer's Association, there are 10 warning



signs of dementia:

- Memory loss that disrupts daily life (different than forgetting names or appointments but remembering them later).
- Challenges in planning, solving problems or concentrating.
- Difficulty completing familiar tasks, such as driving to a familiar location, household chores, managing a budget or remembering rules of a favorite game.
- Confusion with time or place.
- Trouble understanding visual images and spatial relationships.
- Problems speaking or writing such as following a conversation.
- Misplacing things and putting them in an illogical place.
- Poor judgement, especially with personal hygiene or dealing with money.
- Withdrawal from work or social activities, ceasing to do hobbies.
- Changes in mood and personality, such as becoming confused, suspicious, depressed,

fearful or anxious.

When your family members experience several of these conditions, it may be time to consider moving your loved one into senior care. This might be the right time to have an honest discussion with other family members about your senior family member's health and his or her ability to remain safe and fulfilled. This is also a great time, when all the family is together, to visit one or more assisted living communities and identify one or two that can best serve the needs of your loved ones. Not all assisted living communities provide memory care for residents with dementia. Not all provide all meals or housekeeping. All do provide assistance and support for older people needing that extra support. Even if your loved ones are stable at this point, looking at other living options provides helpful information. ■

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.

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URBANDALE Public Library news

Free DMACC HiSET (GED) Course

DMACC offers free HiSET (GED) classes to help you earn your high school diploma, and the Urbandale Public Library is a site for the 2023-24 academic year. The class meets every Tuesday morning from 10 a.m. to 12:30 p.m. For more information and to get started, visit DMACC.edu/HiSET.

Art reception

The Urbandale Art Gallery committee will be hosting a joint art reception on Sunday, Oct. 22, from 1-2 p.m., featuring the work of watercolor artist W.B. Allen and the Des Moines Weavers and Spinners Guild. The Weavers and Spinners Guild promotes education and skills of the membership to the public to stimulate an interest in the arts and crafts of hand weaving, spinning and various other fiber arts. Attend a free workshop on Tuesday, Oct. 24 at 6 p.m. for a demonstration

on how to weave on a cardboard loom. Registration is required.

Halloween Dance Party/Trunk or Treat

The Urbandale Police and Public Library present Trunk or Treat 2023, a free, fun, and family-friendly event. Before or after you Trick or Treat your way through the parking lot of the Urbandale Police Department, take the Halloween Trail to the Library for a rockin' dance party and check out fun photo-ops with your favorite cardboard stand-up characters.

Book Sale and Food for Fines

The library will host another book sale beginning Friday, Nov. 17, through Wednesday, Nov. 22. The book sale is your opportunity to stock up on books, movies and audiobooks for all ages and interests for just \$1.

From Nov. 18-22, the Library will be accepting donations of non-perishable food

items to clear overdue fines from your account (replacement fees, interlibrary loan, printing, etc. are excluded). Donated items must not be expired, and there is no limit to how many items you donate. All items will be donated to the Urbandale Food Pantry.

DesMoiNTrak Railroad Model Show

Members of the DesMoiNTrak N Scale Modular Railroad Club will share their collections in a special display at the Urbandale Public Library on Saturday, Nov. 18, and Sunday, Nov. 19, in the meeting room. This event is free and open to the public.

Thanksgiving hours

The library will be closing early at 3 p.m. on Wednesday, Nov. 22. The library will be closed Thursday, Nov. 23, and Friday, Nov. 24. Normal business hours will resume on Saturday, Nov. 25, from 9 a.m. to 6 p.m. ■

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CITY replacing ash trees one at a time

Emerald ash borer continues to kill trees.

Ten years ago, the City of Urbandale did an inventory of its ash tree population in anticipation of the deadly emerald ash borer arriving in Iowa.

Neighboring states watched as their ash trees were taken over and eventually killed by the borer, and nothing could be done to stop them other than cost prohibitive treatments of each tree or to act preemptively and remove the trees themselves.

And so, the difficult decision was made to begin that process of removing the trees in Urbandale — all 800 of them located on public ground.

It's been a slow but meticulous process. The City has been treating a few of the trees, not to hold them forever, said Assistant Director of Parks & Recreation Scott Hock, but to slow the death rate and allow for new trees to be planted nearby where necessary. A concerted effort is being made not to clear cut all of the ash trees in a single area, but Hock says that needed to be done in some areas.

Currently, 130-170 ash trees remain on

public ground and will need attention.

The City has been hiring contractors to remove larger trees located in the more challenging public areas, Hock says. Once signs of deterioration are seen, plans are made relatively quickly to address it. But if it's a smaller tree and at an easier place to drop, the City will let the tree go until it's visibly showing signs of deterioration.

"We don't ever let them go to the point where they are hazards to people, but if it's an easy drop, we try to hold off longer to try to get some tree replacements in, not necessarily in that particular spot, but other locations," Hock says.

The process is not a one-for-one situation. Because one ash tree is brought down does not necessarily mean that a replacement tree will be planted.

"We lose more trees than we are putting back," he says. "There are times when we can put a new tree close by, but there are other times when there's no room to add one at the time, and it may even be two or three years later before we actually get back the ones that have been

removed."

Some residents are going with the treatment option on the ash trees that are on their personal property, but Hock says, due to sheer numbers, it wouldn't be cost effective for the City to do the same.

"To treat that many trees would be extremely expensive," he says. "Once you begin treatment, it's for the life of the tree."

Hock says the bulk of the trees will be taken down in the next three years, and there will likely be additional ones that could last up to five years. After that, most of the ash trees will be gone.

The City is taking a planned, structured approach throughout the process, down to selecting the replacement trees.

"We strongly diversify our replacements," he says. "We don't want any more than 15% of one variety of tree in one place in case something like this happens again. We plant oaks, sycamores, spruce trees, and a variety of different ones to prevent this from happening again and having such a large impact." ■



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EVENTS IN THE AREA

Check for cancellations

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

Museum programs at the library

Nov. 12, 2 p.m.

Urbandale Public Library, 3520 86th St.

The topic for this final program in a series will be "Parks and Rec in Urbandale" by Jan Herke.

Trunk or Treat

Thursday, Oct. 26, 5:30-7:30 p.m.

Urbandale Police Department parking lot, 3740 86th St.

The public is invited to the Urbandale Police Department's annual Trunk or Treat event. They will have lots of candy and decorated vehicles, so stop by with your friends, family and kids.



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. The Rolling Green school quilt made by the students and the painting given in memory of Pamela Powers are now at the Olmsted Urban House. These items can be viewed during the museum's monthly open house.

Miracle on 86th Street

Nov. 21 through Jan. 8

Charles Gabus Memorial Tree Park, 3600 86th St.

Bundle up this winter and stroll through the Charles Gabus Memorial Tree Park. The park features a large custom-built train, larger-than-life ornamental displays, an ice-skating rink, and holiday-themed events all season long. The park is lit with more than 50,000 holiday lights.

• Mayor's Lighting Celebration, Tuesday, Nov. 21, at 5:30 p.m.

Join the Mayor and City Council as they flip the switch and light up the Charles Gabus Memorial Tree Park for the holiday season. Hot cocoa and cookies will be available to enjoy as you walk around the beautifully decorated park. This event is free.

• Flashlight Candy Cane Hunt, Saturday, Dec. 2, from 6-7 p.m.

for ages 1-8. It has been rumored someone has left candy canes and candy on the grounds around Charles Gabus Memorial Tree Park. Bring your bag and flashlight and help find them all. After collecting candy, enjoy hot cocoa from the patio. Parents must accompany children; register child only. Dress according to the weather. This event will take place strictly outdoors. Participants are encouraged to bring a canned food item, non-perishable food, or personal item for the Urbandale Food Pantry. This event is free, but pre-register by Nov. 25 at https://urbandale.activityreg.com/selectactivity_t2.wcs?leagueid=4522.

• Santa and the Reindeer, Saturday, Dec. 9, from 4-6 p.m.

Meet Santa Claus and the reindeer. This event is free and fun for the whole family. No registration required. ■

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JOINING the inside and outside of home

Collins turns to home remodel for more space to relax.

Missie Kay Collins purchased her Urbandale home a little over a year ago, in April 2022.

"We needed to change some things for this home to function better for our family," she says.

The goal was to achieve an inside/outside living space that served the family's indoor/outdoor relaxation needs.

"We wanted an area outside here where we could relax as a family and entertain. Plus, I didn't want to mow that large hill," laughs Collins.

Collins and her family achieved this by introducing a family room in the basement and an outdoor patio area nearby.

"We enjoy having friends and family over to watch football, play games and relax," she says.

Collins says she drew inspiration from the family's lake home for the basement space.

"Our lake house has a giant 900-square-foot garage for entertaining, so we wanted something like that at our new main house," she says. "Also, having a teenager, it gives her space to hang out with her friends and watch movies."

She says her family needed a functional



Missie Kay Collins wanted her basement to be a safe place where her daughter and her friends could hang out and have fun. The basement features salvaged materials.



family room in the basement with storage, multiple TVs, a bar area, a drink shelf, a snack area, and storage for her herbs and online apothecary.

Some of the materials used were salvaged.

"We used some of the metal from my former family-owned century-old barn that blew down," Collins says.

In addition, the lockers came from a Waukees school where most of Collins' family attended.

The green wall color was chosen because the whole family enjoys golfing.

Jace Synder, who has background knowledge in construction, built the bar, back counter, and table and stained them to match the storage pieces the family purchased.

Collins' family is thrilled to watch multiple games on the TV, have adequate space to enjoy drinks and snacks, and have plenty of places to sprawl out and gather together, she says. ■

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NEIGHBOR

By Lindsey Giardino

HAROLDSON makes her mark

Urbandale native in lead role



Rebecca Haroldson, center, along with Emily Ann Kincaid and Lisa Ann, in a scene from "Little Johnny Jewel."

Rebecca Haroldson was born to be an actor.

The third-generation Urbandale native equates acting to breathing; it's an important part of sustaining her life.

When she was 9 years old, Haroldson signed with a local talent agent who knew she liked to entertain people.

"I predominantly did commercials and the occasional theater opportunities, but when the tax credits happened in the late 2000s and filmmakers started coming to Iowa to make movies, I had the opportunity to be part of several of those projects," she says. "When that ended, I found myself making connections with local independent filmmakers in central Iowa and realized just how thriving a film community we have. In 2019, I even started my own production company, Tiny Pony Pictures Productions, with the goal of highlighting Iowa talent and telling unique stories."

Haroldson's most recent project — her first lead role in a feature film — is called "DREAM TIME." The film, which was written and directed by award-winning Anglo-Irish filmmaker Jude Rawlins, premiered on Saturday, Sept. 9, at the Orpheum in Marshalltown.

Haroldson plays the role of Alice, a woman struggling with addiction and loss, who meets a man named Albie.

"Alice was different from any character I'd previously played, and I was honored (Rawlins) trusted me to bring her to life," she says. "It was challenging, because her experiences are so foreign to my own, but I connected with her struggles as someone who has witnessed those whom I care about dealing with similar struggles."

Filming for "DREAM TIME" began in January 2023.

"Being an Iowan, I thought I was ready for the cold, but filming on the High Trestle Trail Bridge at night in the winter was an experience I won't forget," Haroldson says. "We were huddling together between takes trying to stay warm, and once we would start, I'd toss my gloves and scarf to Jude. As soon as he'd yell 'Cut,' I'd grab them back and wrap myself up again."

"It was the coldest I've ever been in my life, and the howl of the wind made it feel even colder than it probably was," she continues. "But the scenes look amazing in the finished film, and you can tell how cold Grant (who played Albie) and myself really were."

"DREAM TIME" was screened at The Frida Kahlo Festival in Paris, where it won the Alfred Hitchcock Award for Best Director and Best Original Screenplay. It was also screened in Stockholm and Toronto.

Overall, Haroldson believes there's a unique and vibrant filmmaking community in central Iowa.

"We all know about how important it is to support community theater, but it's important to support independent filmmakers as well," she shares. "You can do this by attending screenings of their films and encouraging your local theater to show films by Iowa filmmakers."

If you're interested in learning more about how to support local filmmakers, contact Haroldson at Rlhactress86@gmail.com. ■

HOME health care can be a game changer

When Mike was preparing for hip-replacement surgery, he thought his recovery would be a slam-dunk. A college basketball player who had become a coach, Mike had always taken care of his wellbeing.



But while recuperating in the hospital, Mike developed an infection and remained hospitalized for several days before being discharged to short-term rehabilitation. He spent two weeks there, receiving physical and occupational therapy to help him regain his strength.

Finally, the day came for him to return home. But that morning, Mike's doctor threw Mike and his wife, Jan, a curve. "I think you still need some extra assistance," she said. "I'm going to prescribe a few weeks of home health care."

Mike and Jan looked at one another, puzzled. "What will home health care do for me that we

can't handle at home?" Mike asked.

Quite a lot, it turns out.

Home health care is prescribed by a healthcare provider as part of a care plan following a person's hospitalization for illness or injury; it can also benefit people who have been diagnosed with chronic illnesses. It can include: health monitoring; medical testing; administration of prescription medication, shots or other treatments; physical, occupational, and/or speech therapy; and wound care.

Mike's doctor presented him with provider options and asked him to choose one. That evening, Mike and Jan researched providers online and ultimately made their selection. Weeks later, Mike is feeling much stronger and is grateful for the care he received.

If a doctor has told you home health care might benefit you, here are some questions to use during your research.

- **What services does the provider offer?**

Look for one that specializes in physical, occupational and speech therapy, among other services, so caregivers can address a range of

needs.

- **Is the provider established?** Providers can enter and exit the market quickly. Consider one with positive outcomes that can be supported.

- **Is the provider Medicare- and Medicaid-certified?** Certification is a sign that the organization meets state and federal requirements and can be expected to provide quality care.

- **Can the provider break down the percentage of services your insurance will pay for, and how much of the cost, if any, will be out of pocket?** Make sure you thoroughly understand this information before services begin.

You can ask many more questions, but those should get you started. Here's hoping you'll choose a provider that will make a positive difference in your wellbeing for years to come. ■

Ward Phillips is a senior leader with WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home health care, for older adults. Call Ward at 515-669-2205 or visit wesleylife.org to learn more.

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FAITH By Steve Smith

PUSHING ahead or pleasing the Lord?

My parents recently had a moving sale as they transitioned from life on the farm to living in town. Preparation for the auction of their belongings and sale of their acreage has been time consuming, physically tiring, and emotionally draining for them.



When we experience the demands of seasonal changes and add a few extra work, family and ministry responsibilities, it's easy to find ourselves overwhelmed and merely pushing ahead rather than truly pleasing the Lord.

The Psalmist offers profound perspective to keep us rooted in God's purposes and responding with our praises in every season, struggle, and situation of life.

"Teach me Your way, O Lord; I will walk in Your truth; Unite my heart to fear Your name. I will give thanks to You. O Lord my God, with all my heart, and will glorify Your name forever" (Psalm 86:11-12). If God teaches him the way, the writer will be obedient. If the Lord unites his heart to fear God, the writer will thank God with his whole heart and glorify His name forever.

Obedience to, reverence for, and exuberance in the Lord are not just for when God's way is pleasant, His word is popular, and His worship is painless.

Kindness when we're fatigued, patience when we're overwhelmed, forgiveness when we've been wronged, generosity when we're struggling financially, serving others when we're sapped, praying for our enemies, and praising God in our adversity results from a "please the Lord" not merely "push ahead" spirituality.

"...will walk...will give Thanks, will glorify Your name..." are choices made in the daily grind of life because "Your loving kindness...is great and You have delivered my soul from the depths of death" (Psalm 86:13).

Pleasing the Lord even when life is piling on is possible only for the recipients of God's loyal love — those whose souls are delivered from death like David's (Psalm 86:13) because of His descendant Jesus who rose from the dead (Psalm 16:10-11).

Jesus promised that "everyone who lives and believes in Me will never die" (John 11:26). Believers in Christ die physically but live eternally and are empowered by the Spirit to thank and glorify God now, even in adversity.

We aren't ultimately in control of our life situation, but believers in Christ can control our reaction. Gratitude for deliverance from eternal death motivates true believers to obedience, reverence and exuberance — thanking and glorifying God even when life is hard.

Lord, may we desire, declare, and demonstrate David's petition and motivation in Psalm 86:11-13, and so glorify you in every situation. ■

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



URBANDALE COUNCIL RECAP



Mayor Bob Andeweg administering the Oath of Office to Police Officer Juan Ramirez.

October 3, 2023 - Council Meeting

The Mayor and City Council met on Tuesday, October 3, and began with a proclamation recognizing Hispanic Heritage Month. The Mayor also administered the Oath of Office to Police Officer Juan Ramirez.

The City Council approved an agreement with some property owners in the Urban Loop to help masterplan 65 acres of land along Northpark Drive, adjacent to Interstates 35/80 and 100th Street. The land encompasses prime development property, and the master plan will help create a distinctive placemaking destination in central Iowa.

September 19, 2023 - Council Meeting

The Mayor and City Council met on Tuesday, September 19, and the meeting began with a proclamation recognizing the 2023 Polk County Injury Prevention Week: Gun Safety Saves Lives. Free gun locks are available at the Urbandale Library and Police Department. The Mayor also asked for a moment of silence for Algona Police Officer Kevin Cram.

As the city's growth continues to move westward, the Council approved a final plat near the southeast corner of 170th Street and Waterford Road. The plat has 79 single-family residential lots, one 9.3-acre lot for parkland, and an outlot for future townhomes.

The Council also approved a site plan for The Loop on Plum Drive, near Home Depot in the Urban Loop. The plan is for the development of a mixed-use apartment building, 33 townhomes, and five standalone parking garages on almost 11 acres. The mixed-use building is four stories tall with 215 residential units and commercial uses planned for the ground floor.

September 5, 2023 - Council Meeting

The Mayor administered the Oath of Office to Urbandale police officers Josie Bailey and Jenna Jensen and thanked them for their service to the Urbandale community. The Mayor also proclaimed September 2023 as National Library Card Signup Month.

The City Council approved plats for two new townhome developments totaling 142 units at the northeast corner of 156th Street and Waterford Road near the new Waukee Community School District's Waterford Elementary.

The City Council approved a \$61,000 agreement to develop a strategic plan for human services in the City of Urbandale. The research work involved with the plan will begin in the fall of 2023 and is expected to be complete in early 2024. The project will involve data gathering and preparation of strategies and a workplan for delivery of services to those in need in the community.

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

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This is a custom publication from the City of Urbandale. 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. You can watch all the City Council meetings on YouTube and download Council agendas on the City's website.
Urbandale City Hall | 3600 86th Street, Urbandale, IA 50322 | 515-278-3900 | www.urbandale.org

FILL your family's plates with cozy fall meals

(Family Features) Putting away the homework, turning off electronics and spending a little quality time together can help ease everyday stresses. Add a cozy meal packed with tastes you love and you'll have the perfect recipe for an autumn evening with your family.

Cooler days call for comforting flavors the entire family can enjoy at the dinner table like roasted veggies — from sweet potatoes to pumpkin and more — paired with hearty favorites like cheesy pierogies that provide a sense of warmth and coziness. Make this autumn one to remember by creating new meals and memories along the way.

For an extra special celebration with the ones you love in honor of the 15th anniversary of National Pierogy Day, consider a cozy, warming dish like Roasted Sweet Potatoes Brown Butter Pierogies, which is loaded with the flavors of the season. This comforting meal starts with cubed sweet potatoes — a hallmark of fall — along with pierogies tossed in a homemade brown butter sauce. Top with pecans for a nutty crunch and fresh thyme leaves for the final touch on a newfound favorite that'll bring loved ones running to the dinner table.

Find more ways to incorporate fall flavors into your family's everyday menu by visiting MrsTsPierogies.com. ■

Roasted sweet potatoes brown butter pierogies

Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4-5

- 1 bag (1.6 pounds) Mrs. T's Mini Classic Cheddar Pierogies
- 2 cups sweet potato cubes (approximately 1 large or 2 medium sweet potatoes, cut into 1/2-inch cubes)
- 1 tablespoon olive oil
- salt, to taste
- pepper, to taste
- 4 tablespoons salted butter
- 1 tablespoon balsamic vinegar
- 2 tablespoons lemon juice
- water
- 1/2 cup pecans
- fresh thyme leaves, for serving

DIRECTIONS

- Preheat oven to 400 F.
- Toss sweet potato cubes in olive oil, salt and pepper, to taste, and spread in even layer on baking sheet. Roast 25-30 minutes, tossing about halfway through, until potatoes are fork tender.



- In medium skillet over medium heat, brown butter 5-10 minutes. Avoid smoking or burning. Remove from heat. Allow to cool about 5 minutes then whisk in balsamic vinegar and lemon juice.
- In large saucepan, bring water to boil. Cook pierogies according to package directions, about 3 minutes. Drain and toss in brown butter sauce.
- Add roasted sweet potatoes and pecans to brown butter pierogies and toss gently to coat.
- Top with fresh thyme leaves.

HONOR OUR VETERANS

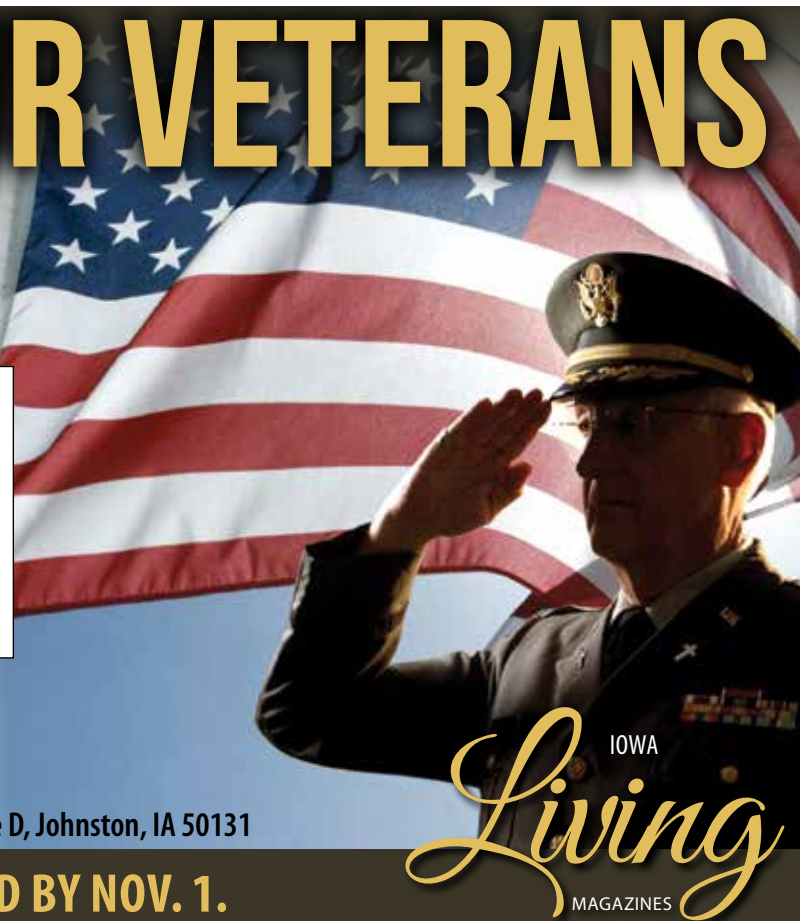
Iowa Living magazines will be saluting veterans in November issues. If you are a veteran who would like to be included, please send a photo (military or current) and the following information:

NAME:
TOWN YOU CURRENTLY LIVE IN:
MILITARY BRANCH:
RANK AT DISCHARGE:
DEPLOYMENTS:
QUOTE: Please answer the question,
"How can the public best honor veterans?"

Family members submitting on behalf of veterans should include the veteran's answer to the above question.

Email to tammy@iowalivingmagazines.com or mail to:
Big Green Umbrella Media, 8101 Birchwood Court Suite D, Johnston, IA 50131

SUBMISSIONS MUST BE RECEIVED BY NOV. 1.



SAMPLE Urbandale

Sample Urbandale, A Celebration of Business, was held at the Holiday Inn on Sept. 21.



Jasmina Alicia and Brad Winterbottom



Alex Hinke and Ben Jensen



Chris Whalen and Jessica Hance



Jess Spalding, Courtney Leshner and Hannah Heckman



Andrew and Jean Thompson



Meg Schneider, Emily McClain and Juan Pablo Sanchez



Stacey Willey and Calvin Steemer



Nicole Thompson and Lori Gelhaar



Allen and Gina Graham



Jason Eischeid and Lena Signani



Jolene Goodman, David Russell and Al Kaduce

RESIDENTS' Choice

Urbandale/Clive Residents' Choice Award recipients received their certificates.



Ashley Drake, Madisen Moss, Mick McNulty, Emily Davis, Lacey Brown, Briana Gudino, Paige Coale, Alysea Cramblit, Payton Kelderman, Alli Shaw and Faith Crutcher accept the Residents' Choice Award for Stylin Paws.



Ann Hartz accepts the Residents' Choice Award for Ann M. Hartz, CPA & Associates.



Tiffany Menke and Gina Wright accept the Residents' Choice Award for the Urbandale Chamber of Commerce.



Jason Victora accepts the Residents' Choice Award for Iowa Outdoor Products.



Joe Jerkins accepts the Residents' Choice Awards for Westside Auto Pros.



Daniel Timmons with Edward Jones accepts his Residents' Choice Award.



Brendan Ericson accepts the Residents' Choice Award for Friedrichs Coffee.

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

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



Carla Edwards, Amanda Edwards, Alisha Hanze, Sarah Mau and Scott Mau accept the Residents' Choice Awards for Sapphire Gymnastics Academy.



Safe Halloween Tips

1. All costumes, wigs and accessories should be fire-resistant
2. Fasten reflective tape to costumes and bags, or give children glow sticks
3. When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
4. Remove all makeup before children go to bed to prevent skin and eye irritation
5. If your older children are going alone, plan and review a route acceptable to you
6. Agree on a specific time children should return home
7. Teach your children never to enter a stranger's home or car
8. Instruct children to travel only in familiar, well-lit areas and stick with their friends
9. Tell your children not to eat any treats until they return home and an adult has checked for opened packages
10. Children and adults should put electronic devices down, keep heads up and walk, don't run, across the street



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waggonerpediatrics.org



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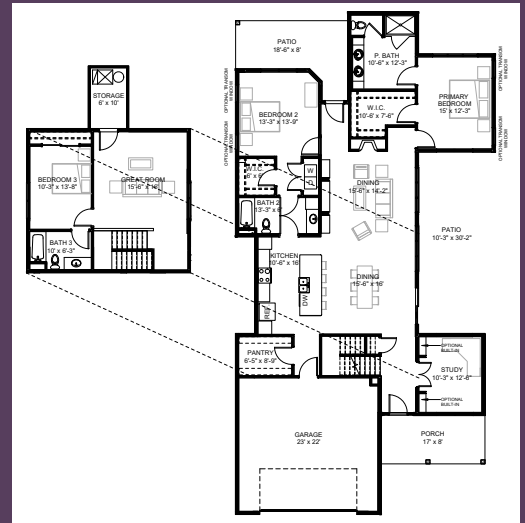
4401 N Warrior Lane, Clive A mile west of Alice's Road,
south of Meredith



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