

URBANDALE

JUNE 2024

Living

MAGAZINE

'Celebrate the American Spirit'

Urbandale Fourth of
July offers three days
of festivities, July 2-4

Summer Reading Challenge underway

LIBRARY

Pickard named Christian Teacher of the Year

EDUCATION

Shrimp, broccoli and potato skewers with lemon and thyme

RECIPE



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



QUALITY ROOFING

AT A FAIR PRICE!

Repairing and replacing residential roofs since 2000

At Tom Sauer Roofing, our services include new roofs, tear offs, repairs and entire replacements. As a master shingler, we can take on any residential roof project within and up to an hour outside of the Des Moines metropolitan area.

We don't sell— we let our customer service speak for itself!



"Tom replaced the shingles on my deck roof last week. The work was done on a very timely basis. The workers were very efficient. The work was completed exactly as stated on the estimate. When they left there was no evidence they had been here except that all the work was done.

I highly recommend Tom Sauer Roofing." - Ronald



Specializing in residential roofing.

tomsauerroofing.com • Urbandale, Iowa

Give Tom a call today!
(515) 208-2583

WELCOME

IT'S WHAT we do

Most of us who grew up in rural Iowa communities have a great deal in common, whether we spent any time on a farm or not. We swam in gravel pits. We knew the difference between dinner and supper. And we called our fizzy drinks pop, not soda.

We also know the strength that comes from connecting — and not via Facebook or Snapchat or Nextdoor. We do it the old fashioned way. We break out the lawn chairs, we share our favorite foods or beverages, and we talk.

Yes, some things have changed. Our front porches may have changed to backyard decks. Our neighbors may no longer be our cousins. And gravel roads and fishing ponds may be more difficult to find. But we still relish the spirit of community, and we live it, too.

This is apparent in our ongoing support of our community festivals. Most all of us smile when we think of the midway amusement rides, the demolition derbies and the tractor pulls we experienced in our youth. We can still taste the corn dogs, the cotton candy and the church stand cheeseburgers. And despite them being available seemingly every weekend somewhere in central Iowa, we still get giddy over fireworks.

The good news is that we don't have to reminisce about the good old days. They are alive and well right here, and we can experience many of those moments soon without leaving town. Turn the pages of this magazine, and you will find all the details you need to know about the Urbandale Fourth of July celebration.

So give Netflix a rest. Get off Instagram. And save the pre-packaged meal for another day. It's time to get out and see your friends and neighbors in person, listen to the festival sounds, and enjoy some local food, beverage and entertainment. Just don't forget your lawn chair.

Thanks for reading. ■

SHANE GOODMAN

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

FREELANCE WRITER WANTED: Urbandale Living magazine is looking for a freelance writer who is familiar with the community and would enjoy writing the stories of Urbandale in our magazine. If interested, email tammy@iowalivingmagazines.com.



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

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



IOWA
Living
MAGAZINES



Circulation and readership audited
by Circulation Verification Council



LET YOUR MONEY GROW WITH CHARTER BANK!

4.25%
APY*
24 MONTH CD



Ciara Halverson
AVP Market Manager
Waukee



Logan Crannell
Loan Officer
Johnston/Grimes

CHARTER  BANK

Chart Your Success With Us!

Johnston
5526 NW
86th St.
515-331-2265

Grimes
Corner of
Gateway & 1st St.
515-986-2000

Waukee
Downtown
Triangle
515-987-1000

Ankeny
2905 SW
Oralabor Rd.
515-446-2265

www.CharterBanker.com

Member
FDIC

*Annual Percentage Yield, \$10,000 minimum deposit to open up a Certificate of Deposit (CD),
penalty for early withdrawal. Rate as of 06/12/2024 and subject to change.



'Celebrate the American Spirit'

**Urbandale Fourth of
July offers three days
of festivities, July 2-4**

By Chantel Boyd

It's time again for hometown family fun on the Fourth of July, and the Urbandale Fourth of July Committee invites you to "Celebrate the American Spirit" at this year's festivities. The committee has finalized another three-day-long list of family-fun activities.

The festivities, held at Lions Park, 72nd Street and Aurora Avenue in the heart of Urbandale, begin on July 2, a Tuesday, and extend through July 4, a Thursday. Attendees can kick off a fun-filled summer with a parade, carnival, fireworks and a myriad of other entertainment.

The fireworks show is a highlight of the Urbandale Fourth of July celebration.

It's all in the planning

Sean Dengler, a member of the celebration's planning team, says he enjoys helping organize the Fourth of July Celebration because it echoes the fond memories he has of growing up in Traer with its Winding Stairs Festival.

"That was always a highlight of my summer, and being part of the committee, which brings the community together for this annual event, is a great honor. Being able to give our fellow community members a few fun nights of the year to enjoy the Fourth of July festivities is what it is all about," he says.

Dengler says he is biased as a planning team member, but his favorite part of the celebration is the parade he helps coordinate.

"As the parade coordinator and living a block from where the



Favorite carnival rides return for the 2024 festivities.

Do you have a retirement plan?

CALL TO FIND OUT MORE ABOUT OUR UPCOMING EVENTS!



american
RETIREMENT PLANNING

A family owned business helping families with their retirement goals.

americanretirementplanning.net

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

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

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



FEATURE

parade starts, it is a great feeling to see the street lined with people excited for it," he says, "Sometimes, I'll drive along the route after the last float has left the start location to see the happiness and joy of families enjoying the parade. It makes it worth it."

Dengler recalls one year when it seemed like the parade might not happen.

"I believe it was 2022, but it stormed hard before the start of the parade," he says. "We stood under the awning of Salon Seven-O hoping not to get drenched as the thunder boomed. Fortunately, an hour before the parade, the skies parted, the parade started on time, and it was a success like always."

Blake Rozendaal is also a planning team member for the celebration, and he has enjoyed being part of the ever-evolving



A parade, carnival, food vendors and so much more make Urbandale's Fourth of July celebration a draw for residents throughout central Iowa.

Brio is
growing!

Become part of the neighborhood!

NEIGHBORHOOD 19
at brio

Sign up today for your tour! We look forward to seeing you.

It's a beautiful day in our Neighborhood!

We're making the Brio campus even more inviting with the addition of beautiful single-family homes and townhomes. Construction is well under way, and only a few townhomes remain!

Come See for Yourself!

Join us for a personal hard-hat tour!

Sign up for one of 10 remaining slots for a personal hard-hat tour between June 17 and June 28 by calling Maria at (515) 252-5380.

After your tour, take home a complimentary prepared charcuterie spread!



tradition of the community, too.

“Each member of the committee gets to put their own personal touch on the celebration, which makes it unique each year,” he says. “We are always looking for people interested in supporting the celebration through planning or execution, so never let your level of community experience stand in the way of being involved.”

Rozendaal’s favorite part of the celebration is the fireworks display.

“It puts a capstone on a whirlwind three-day event,” he says. “The community comes together to cover the area around Walker Johnston Park one last time before closing out the holiday.”

He fondly remembers the first fireworks show after he joined the committee.

“Watching the fireworks after spending the months planning everything beforehand was incredibly satisfying, and hearing everyone cheer at the end let me know that we did well.”

Nicole Berger also enjoys being a part of the Urbandale Fourth of July planning committee.

“It brings so much joy to the people in my community,” she says.

Berger grew up in the neighboring suburb of Johnston and has been attending the Urbandale Fourth of July festival since she was a kid.

“Now that I live in Urbandale, I like taking my own kids to the parade, the carnival and the fireworks,” she says. “I’ve also participated in the 5K and love getting to run a race through my neighborhood.”

It’s all come full circle for Berger.

“When I was a teenager, I liked going to the street dance, and, now as an adult, I look forward to seeing the live bands in the beverage garden.”

Recently, a website for the event was created. Visit <https://urbandale4thofjuly.org> for more details and registration information for the fun run, parade, bags and cribbage tournaments.

Highlights

This year’s celebration will feature a couple of new things this year, says Tim Mueller, head of the planning committee.

“First, the wristbands are back,” he says. “After a one-day trial run last year, this year, these will be available on two days, July 2 and July 3.”

Also new this year is the time for the free live entertainment on July 2. Since the celebration doesn’t fall during the three-day weekend like last year, Mueller and the planning committee members thought through when to have the late-night festivities like live music.

“Since most people have to work the next day, we thought it made sense to push up the time by one hour,” he says.

The band SUEDE will perform at Lions Park from 7-10 p.m. The time for the live band performance on July 3 will remain the same as last year. Jana West and RetroSpect will perform from 8-11 p.m.

“Again, both performances are free of charge and open to the public,” Mueller says. “All ages are welcome inside the entertainment garden.”

The planning committee would like to reassure those planning to attend the celebration that all the favorite traditions are returning.

“The carnival, the bingo tent, live entertainment, great food vendors, a bags tournament and a cribbage tournament are all returning,” Mueller says.

Among the most popular events at Urbandale’s Fourth of July are the community runs.

“It would not be the Fourth of July in Urbandale without our parade, the 5K run and kid runs. And, we can’t forget about the fireworks and the buttons that are sold to raise money for those fireworks,” Mueller says.

Commemorative buttons

The Fourth of July commemorative buttons were introduced in 1980 when the first button was fashioned. The following year, the buttons were numbered, and, every year since, a new button has been designed and sold. Visit <https://urbandale4thofjuly.org/past-buttons> to see all of the buttons.

“What most people don’t realize is the buttons are numbered, and winners are drawn for raffle prizes,” Mueller says. “So, purchasing buttons gives you a chance to win a great prize and, more importantly, helps fund the fireworks. So, don’t forget to purchase your buttons. Urbandale prides itself as one of the best fireworks shows in the metro, and



Sale of commemorative buttons help fund the fireworks show. The buttons are numbered and drawings will be held for prizes.

we cannot do it without the support of the community.”

Buttons can be purchased at Fareway, Medicap Pharmacy, Corner Cafe, Lions Bingo Tent, and at the parade on July 4 at the corner of 72nd Street and Aurora Avenue.

Putting on Urbandale’s Fourth of July celebration takes a lot of resources, says Mueller.

“Many volunteers, materials, community partners, etc. come together to make this event a success every year,” he says. “We have a number of sub-committees, and we are always looking for new people to share their talents and help with things that are of interest to them. If someone is interested in being part of the celebration, they can go to <https://urbandale4thofjuly.org> and click on the About the Committee page on our website.”

Local businesses also come together to support the celebration.

“We have a number of community partners that donate prizes as part of our button raffle as well as community partners that sponsor this event, enabling us to offer these activities and entertainment over three days,” Mueller says. “We recognize the local businesses that provide raffle prizes and sponsorships on our website, printed brochure and on our Facebook page. It is truly a community event.”

A list of businesses contributing to the celebration can be found online at <https://urbandale4thofjuly.org>.

A full schedule of events is online at <https://urbandale4thofjuly.org/schedule/>. ■

STUDENTS prepare plan for sustainable practices

ISU students partner with city, will present final suggestions in September.



Iowa State students of community and regional planning studied ways Urbandale can become a more sustainable city and will present their final plan in September.

Iowa State University professor Monica Haddad was on a mission... find an Iowa community to partner with her community and regional planning students to increase sustainable practices within their city. Many communities were not interested, but then she heard about Urbandale.

"It was just the right moment," she said. "The city had already established a sustainability mission in 2023 and developed an inventory of greenhouse gas emissions (in conjunction with the University of Northern Iowa)."

Over the spring of 2024, 15 undergraduate students created a plan to reduce greenhouse gas emissions and make the city more attractive to new and existing Urbandale residents and businesses.

"I feel that, in the end, this will build a better community in Urbandale," said John Konior, director of risk management/support services.

College junior Greenlee Dahle was one of the students who worked on the project.

"We did not know how much went into the project when we started," said Dahle. "Reaching out to city staff, community members, and even refugees to discuss our plan required a lot of creative thinking."

Kristi Bales, assistant director of community development, worked closely with the students.

"We were very pleased with the results," said Bales. "When we first met with them, they had lots of ideas. But they took our feedback and developed an exciting and comprehensive plan."

Bridget Carberry Montgomery, an Urbandale city councilperson, had been educated as an urban planner, so she followed the plan's development closely. Montgomery says she was "incredibly impressed" with the proposal and was happy to see the students address the needs of lower-income residents.

"These people are affected the most by climate change but have fewer resources to deal with it," she said.

On May 1, the students presented their 10-point plan to city council members and area residents at a shelter house in Lions Park. This included short-term and long-term actions the city could take, including purchasing



The city of Urbandale uses solar panels on the Parks and Public Works Maintenance Facility as part of its sustainability mission.

additional EV and hybrid vehicles, adding more solar panels to city buildings, and creating a sustainability coordinator staff position.

Other ideas would require more work, such as changing the city code to allow community gardens on public property, reducing the size requirement for parking lot size for Urbandale businesses, and reducing barriers to creating a more walkable community.

The final plan will be presented to the Urbandale City Council in September. The students' May 1 presentation can be found at www.urbandale.org/SustainableUrbandale.

For more about this and other climate change information, contact Urbandale Climate and Social Justice at ucsj2020@gmail.com or follow them at <https://www.facebook.com/share/o2C6HzAFaRwz5wV8/?mibextid=qj2Omg>. ■

Wayne Bruns is an Urbandale resident and member of Urbandale Climate and Social Justice.



**RED, WHITE, &
SHADE TREE AUTO**

**JOIN US FOR A FUN-FILLED MORNING AT OUR
URBANDALE LOCATION'S OPEN HOUSE!**



**FOURTH
of
JULY**

Open House
★ ON THE PARADE ROUTE ★



CELEBRATE INDEPENDENCE DAY WITH US!

JULY 4TH • 9:00AM - 12:00PM • 3831 70TH ST. URBANDALE, IA



EARLY retirement strategies

Reasons to leave the workforce early

Time is the most valuable resource we have. We sit down with families and individuals who say this is becoming clearer as they age. They tell us that work isn't fulfilling the same purpose it once did, and they are ready to retire.

So, we get to work developing a plan to see if we can make it happen. If you need a reason, or five, to retire early, here you go.

1. To enjoy a more active retirement

We call the first phase of retirement the "go-go" years. This is when you have the most energy and ambition. Retiring early will allow you to seize the energy and ambition you will likely have during this retirement phase. You can still be around with grandkids, travel, or take up a sport like pickleball, a popular one among retirees.



2. To stay healthier

The working years can be physically and mentally draining. Retiring early can relieve stress and improve quality of life. You can use the extra time to prepare healthy meals, get more exercise, and get more sleep.

3. You have a plan for health care

Here are some health care options if you retire before Medicare eligibility. Some companies offer extended health care as part of retirement packages. If your spouse is still working, consider getting on their plan. There's also COBRA, a continuation (generally up to 18 months) of health care after leaving employment. You will be responsible for the full cost of the insurance premium, including the part your employer was previously paying. There's also the open market or income-based Affordable Care Act, or Obamacare.

4. You understand penalties

The U.S. government generally charges a 10%

penalty on the taxable portion of IRA or 401(k) distributions before age 59 ½, with a few exceptions. If you separate from your employer in or after the year you turn 55, the 10% tax on early 401(k) distributions does not apply.

5. You have a plan

Some of my favorite moments over the last 25 years as a Retirement Planner are when our planning process gives the families we serve "permission" to retire early. Together, we build a RetireSecure Roadmap that outlines their plan for income, taxes, investments, health care and what happens to their money when they are gone. They are thrilled because the RetireSecure Roadmap helps them confidently retire and focus on taking advantage of those extra years of retirement fun. ■

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



Learn about **THREE MORE** reasons you could leave the workforce sooner than you think. Scan the QR code to watch this episode or read about it now.



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

ABHOR what is evil

In an attempt to deter the local deer population from snacking on our hostas, I've been spraying some nasty smelling stuff I'm told the pesky quadrupeds detest.

In a series of commands which mark out conduct becoming of true Christ followers, Paul declares that we should abhor evil as much as deer hate "Liquid Fence."

"Abhor" means to detest evil by distancing, just as I disliked and distanced myself from cooked spinach as a child.

Moral evil is anything contrary to God's character or commands as revealed in His Word. Using God's revealed truth as an objective standard for measuring wickedness is derided by and offensive to the world but defended by God's children.

Selfishness, pride, jealousy, dishonesty, murder, sexual immorality, idolatry, drunkenness, greed, etc., (Exodus 20; Galatians 5:19-20) evident in this world are to be eschewed by God's people. When a person turns from his/her sinful self-directed life and trusts in Christ's death as the payment for their sin and in His resurrection as proof that God accepted that payment, the Christ-follower is delivered from the penalty of evil and the power evil previously had on him/her (2 Corinthians 5:17).

As recipients of God's marvelous mercy in forgiving us and providing so many blessings (Romans 5-8), it is proper and desirable for Christ followers to increasingly abhor the evil they previously adored.

Believers in Christ are commanded to abhor evil in our "self." This requires examining our own flaws through exposure to God's word, evaluating our attitudes and actions, eliciting input from others who see flaws we cannot, and eliminating evil.

We pray with David, "Search me O God, and know my heart; Try me and know my anxious thoughts; and see if there is any hurtful way in me, and lead me in the everlasting way" (Psalm 139:23-24). We don't tolerate but actively eradicate such things as harmful and profane words, cruel actions, self-indulgence, envy and pride. Through confession, repentance and daily surrender of our thoughts, words and deeds to Christ, we demonstrate our abhorrence of evil.

Believers in Christ are commanded to abhor evil in our society, thereby promoting human flourishing and proclaiming the Gospel message. Evil that is contrary to God's will and word leads to treachery, tyranny and tragedy for humanity.

For example, human trafficking objectifies and dehumanizes those created in God's image. Exposing evil is a requirement for embracing the Gospel. Unless people recognize they are evil and, therefore, eternally separated from God (Isaiah 59:2), they won't repent of sin, trust in Christ, and be forgiven (Romans 3:23; 6:23).

Christ followers hate evil, and they do it out of their love for God. ■

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



Apply now!

Love God. Love Others.
Make Disciples.
Restore All Things In Christ.

**Pre-Kindergarten
Kindergarten-8th grade**

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

www.stpiusxurbandale.org/school
Schedule a tour: 515-276-1061

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

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

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

WE MOW LAWNS!

515Lawn Services

Locally owned, operated and insured

TEXT, CALL OR MESSAGE FOR A FREE QUOTE! 515-587-8171

CREEKSIDE CHURCH

2743 82nd Pl
Urbandale

IN-PERSON AND ONLINE
10:30 Sundays
CreeksideDM.com

Watch the fireworks from our lawn July 4th!

WHAT IS a revocable trust?

A revocable trust is an estate planning vehicle that is similar to a Last Will and Testament but has many important differences. It becomes effective while you are alive, unlike a will. Property and assets are transferred to the trust, to be held and administered by a trustee for the benefit of another. Typically, you would be the initial trustee of the trust and would administer the trust for your benefit.

After death, the trust could be administered for the benefit of a surviving spouse or children or could be liquidated and distributed. This type of trust has several benefits.

First, a trust provides for the orderly management of assets. During your lifetime, you will typically be the sole trustee and can manage the assets as you see fit. You can sell and acquire assets, change investments, and fully utilize your resources.

Second, if done correctly and completely funded, a revocable trust avoids probate. It allows for the smooth transition of the ownership of assets. If the trust is to terminate on death and be distributed to beneficiaries, settling the trust should take less than three months.

Third, a revocable trust allows you to make private provisions with



respect to the disposition of your assets. Unlike probating your estate, your wishes will not become part of public record.

Finally, a living trust is a good vehicle for planning for potential incapacity. By specifying a procedure for determining incapacity and then naming a successor trustee, you can ensure the seamless administration of your affairs.

However, revocable trusts have some disadvantages. Initial costs will be higher because trust documents are more complex to draft than wills. Transferring assets to trusts incurs transactions costs. Plus, trusts have ongoing record-keeping and maintenance.

If one of your goals is to avoid probate, placing all of your assets in the trust is crucial. If you die with some assets in trust and some owned by you as an individual, your estate will have to be administered through probate to distribute the assets that aren't in the trust.

Using a revocable trust has no tax disadvantages. It offers great flexibility in managing assets and ensuring wealth transfer. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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

NEED A PLAN?

WE ARE HERE TO
HELP YOU LIVE
EVERY MOMENT.

SUPERIOR SERVICE.
LEGAL SOLUTIONS.

FOR 37 YEARS



EXPERIENCED ATTORNEYS

SINCE 1987

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



ABENDROTH RUSSELL
BARNETT LAW FIRM

ESTABLISHED IN 1987

ATTORNEYS WHO SPECIALIZE IN YOU

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

PICKARD name Christian Teacher of the Year

Biblical integration key to studies at Des Moines Christian.

Des Moines Christian School educator Julie Pickard is a recent recipient of the Herzog Foundation's 2024 Christian Teacher of the Year Award. Pickard was nominated for the award by two of her colleagues. From there, the application process involved writing essays about innovation in the classroom and Biblical worldview integration, completing a video interview, and submitting letters of recommendation. In the end, the foundation chose 12 out of 700 applicants from around the country to receive the award.

"It's an incredible honor to be named Teacher of the Year by the Herzog Foundation. Herzog seeks to catalyze and accelerate quality Christ-centered education across the country, and this recognition will certainly be a highlight of my career," Pickard said. "I'm thankful to so many mentors, teachers, friends and colleagues who have helped me to this point in my teaching journey, and I'm excited to represent both DMC and our broader community through this award."

After growing up in Orange City, Pickard earned an undergraduate degree from the University of Northwestern in St. Paul and a master's of education from Dordt University. She spent 15 years teaching high school and middle school in the Twin Cities before relocating with her husband to Des Moines so that their sons could be closer to their grandparents in Iowa. Pickard has since taught at Des Moines Christian School for the past six years. During that time, she has taught middle school Bible and Art classes.

"Des Moines Christian is truly a remarkable place for a few reasons," Pickard said. "First and foremost, Christ is at the center of everything we do. Biblical integration is happening in each facet of the school. Second, the community is unmatched. Both the students I get to work with and their families are incredible. Finally, I love being at a school which focuses on academic excellence and innovating/creating possibilities for kids."

In her classroom, Pickard's students participate in different activities every day. This includes creative writing, skits, celebrating Biblical feasts, designing coats of arms for Biblical people, Harkness discussions and more. Pickard says that she likes the flexibility the Bible classroom offers. She says that Des Moines Christian School has allowed her to creatively teach in ways that help scripture become tangible and approachable for middle school students.

"It's always about the kids for me," she says. "I can't wait to meet our new sixth-grade students and begin learning with them. Middle school is an amazing age of opportunity, and I am blessed to be part of each student's story during this stage." ■



Des Moines Christian educator Julie Pickard is a recent recipient of the Herzog Foundation's 2024 Christian Teacher of the Year Award. Photo by Marque Photography

GRIEF 101 with Buffy: Get physical

Grief is the natural and normal reaction we have after someone has died. One fact that some people are not aware of is that we experience grief within our bodies, so finding ways to physically release it is a great way to express some of our most intense emotions.

What physical activities do you enjoy?

Do you prefer being in nature? Go for a walk or run on a trail. Gardening is also a great way to be active outside.

Do you enjoy dancing? Take a class (online or in-person), or else put on some tunes and dance in your home.

Do you want to take it easy on your joints? Try swimming, water aerobics, chair yoga, or stretch classes.

Do you feel limited with time or other resources? Cleaning, cooking, and other household chores keep us moving.

Do you feel worried about where to start? No worries. Many fitness organizations have variety of classes dedicated to specific age groups and levels.

There are so many different ways we can move in the world. Think about what you enjoy or pick a new activity to try. Movement helps us burn energy, release feelings, and increase our sense of control in the world. Make a list of some activities you would like to try and then start getting physical. ■



Information provided by Buffy Peters, Director of Hamilton's Academy of Grief & Loss, 3601 Westown Parkway, West Des Moines, IA 50266, 515-697-3666.

Plan Ahead for
PEACE OF MIND

Plan & Protect before the need arises.

There is very little that can take away the pain when someone we love dies. However, the emotional stress that often accompanies a death can be lessened by Advanced Planning before the need arises.

Contact Hamilton's to start your plan.

Funerals
Cremation
Advanced Planning
Academy of Grief & Loss
Pet Services
Memorial Gift Shop

515-243-5221
6 Area Locations

RECIPE

SCRUMPTIOUS ways to simplify springtime meals

(Family Features) From everyday weeknight dinners to picnics in the park, warmer weather and longer days mean families want to spend more time together and less time in the kitchen. This spring, look for kitchen hacks that can make fresh and healthy weeknight seasonal recipes a cinch.

Skipping complicated prep work is the first step toward simplifying springtime meals. Rather than recipes that call for a lot of prep or cooking time, consider easy dishes that require only a handful of steps and use everyday ingredients you may already have in your pantry, fridge or freezer.

For example, these shrimp, broccoli and potato skewers with lemon and thyme can let you put a little spring in your weeknight dinners. Grilled skewers keep the whole family happy and come together in less than 30 minutes, making them perfect for quick and healthy meals without the hassle. The versatility of potatoes means you can grill them, and this version calls for a 5-minute microwave steam first to cut down on grill time.

To find more ways to savor springtime meals outdoors with your family, visit littlepotatoes.com. ■

Shrimp, broccoli and potato skewers

Prep time: 5 minutes

Cook time: 20 minutes

Servings: 4

- 1 pound bagged Little Potatoes
- 1 bunch broccoli
- 12 large shrimp, peeled and deveined
- 1 1/2 lemons, juice only
- 3 tablespoons fresh thyme, chopped
- 2 tablespoons olive oil
- salt, to taste
- pepper, to taste

DIRECTIONS

- In large, microwave-safe bowl, microwave potatoes on high 5 minutes.
- Chop broccoli into large pieces.
- Add broccoli and shrimp to bowl once potatoes are steamed.
- Add lemon juice, thyme and olive oil; evenly coat potatoes, shrimp and broccoli. Season with salt and pepper, to taste.
- Build skewers and grill 10-15 minutes on medium-high heat, until shrimp is cooked through.



MEADOWVIEW
OF CLIVE

Now Offering Memory Care!

WARM WELCOMING COMMUNITY!

- Memory Garden
- Activities Room
- Open Dining
- Private Apartments
- Spacious Community Areas

Specially designed for Alzheimer's disease and other forms of dementia. Organized with home-like furnishings, creating a calm, reassuring atmosphere.




LEARN MORE



Call to Schedule Your Tour!

cruzicka@meadowviewclive.com | (515) 644-8740

3300 Berkshire Parkway, Clive, IA 50325 | MeadowviewClive.com

Managed by  CAMPBELL STREET
SENIOR LIVING





URBANDALE COUNCIL RECAP



Mayor Robert Andeweg designating National Gun Violence Awareness Day at the Council Meeting on Tuesday, June 4, 2024.

June 4, 2024 - Council Meeting

The Mayor and City Council met on Tuesday, June 4, and the Mayor began with proclamations designating National Gun Violence Awareness Day, LGBTQIA Pride Month, and National Caribbean American Heritage Month.

The council approved a \$200,000 bid to purchase a rear loading garbage truck, and at the end of the meeting the council discussed a policy regarding non-profit fees for City services, although no official action was taken. The City Council will meet again in regular session on Tuesday, June 18.

May 21, 2024 - Council Meeting

The Mayor and City Council met on Tuesday, May 21, and the Mayor began with proclamations designating Public Works Week and Amyotrophic Lateral Sclerosis (ALS) Awareness Month. The Mayor also purchased his commemorative button from the Fourth of July committee. A new button is designed each year to reflect that year's theme. Money raised from the sale of these buttons helps fund the fireworks display which will take place on Thursday, July 4.

The City Council approved the second phase of improvements at Lions Park. This \$750,000 phase will include removing the current tennis courts and constructing a new tennis court, four pickleball courts, three half-court basketball courts, sidewalks, and stormwater retention. You can view the master plan at: www.Urbandale.org/vision.

The City Council approved a final plat for 24 single-family lots near the northwest corner of 170th Street and Meredith Drive. Urbandale continues to grow west into Dallas County.

A multi-year project to install an improved storm sewer system along 65th and 66th Streets near Townsend Avenue is taking shape. The City Council approved a \$200,000 agreement with an engineering firm to start the final designs. The entire project will ultimately cost about \$3 million, includes full street replacements, and will help mitigate flooding.

The City Council also approved a \$130,000 agreement with an engineering firm to design the extension of the storm sewer system from the Merle Hay campus along Airline Avenue to 66th Street and Madison Avenue to 64th Street. The installation of the new storm sewer will require a full street replacement and is expected to cost about \$2.5 million.

Newsletter Sign-Up



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



Council Recap is Online

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

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

DON'T WANT senior living?

That's a great choice — but plan ahead.

The results of a recent study tell us a full 93% of people want to remain at home as they age. No senior living communities for them. They fully intend to grow older in the comfort of the places they love and in which they can continue to live independently.



It's likely that, as you read that, you ask yourself: Why wouldn't that be what someone would want? Why wouldn't that be what I would want? The saying "Home is where the heart is" is widely known for a reason.

The reality, though, is that living at home indefinitely isn't always within the grasp of every person with that desire. Although an enhanced societal focus on wellbeing is assisting many people in aging more healthfully than previous generations have, chronic challenges such as diabetes and heart disease can make living independently ill-advised, and full-time care at home can be prohibitively expensive.

So, if you aren't able to live at home, and you

don't want to move into a community for people 55 and older, what can you do? Great news: Some organizations that serve older adults have come up with some new options — Continuing Care at Home (CC@H) programs designed to help people proactively focus on their health at home while enabling them to financially plan for potential services and care down the road.

If you're evaluating a CC@H program, consider asking these starter questions to make sure its premises, amenities and outcomes will be the best ones for you.

• **Do you fully understand the program and what it offers you at the current time?** The primary advantages of a good CC@H program are twofold: Not only will it offer services and amenities to enhance your wellbeing so you can remain independent longer, but it will also help fund future long-term care needs.

• **Does it provide personal support?** Studies tell us people who embark on any kind of life-altering program or activity, such as a nutrition or exercise regimen, will be exponentially more successful with encouragement from a trusted adviser or advocate (think personal trainer, life

coach, etc.). A program that provides you with a written guide but no personal interaction may not be setting you up for success.

• **What will your care options be?** A solid program will help fund your care, if it's needed, whether through home healthcare or services in a senior living community later. If the program you're considering does offer both, make sure you're comfortable with the services and care provided by the organization's home healthcare team as well as in its communities. A reputable provider will have longevity behind it.

The ability to consider a variety of options is great — but if you're thinking about becoming part of a CC@H program, make sure it fits your current and future needs. Your health, wellbeing, and checkbook will thank you for it. ■

Aaron Wheeler is Vice President of Home and Community-Based Services for WesleyLife, which provides health and well-being services, including WellAhead — A WesleyLife Well-Being Experience, a CC@H offering designed for people who never want to move to a senior living community. To learn more, visit wesleylife.org/wellahead.

Compass Financial Services announces the retirement of Kurt Pearson and a new CEO, Justin Van Houten.

COMPASS FINANCIAL SERVICES ANNOUNCES THE RETIREMENT OF KURT PEARSON.

Kurt Pearson is the founder of Compass Financial Services enjoying a 34-year career serving a vast community in central Iowa. "Thank you so much! So many entrusted their financial lives to me and I will be forever grateful. Now it is time for the next generation of Compass Advisors to lead into the future."



COMPASS FINANCIAL SERVICES ANNOUNCES A NEW CEO!

Justin Van Houten will lead the next generation of Compass Advisors into the future.

"It is an honor and blessing to lead our wonderful team at Compass Financial Services. We continue to put clients first as fiduciaries; charting a course towards client's goals and dreams while walking alongside them on their financial journey."



COMPASS
FINANCIAL
SERVICES

Financial Planning
Investment Management • Insurance

compassiowa.com
4801 Westown Parkway, West Des Moines, Iowa 50266
515-327-1020

Financial Planning and Investment Advice offered through Compass Financial Services, a Registered Investment Adviser and a separate entity from LPL Financial. Securities Offered Through LPL Financial, Member FINRA/SIPC.



Weaving in Care, when and where it's needed.



For 20 years, we've been honored to assist so many lowans in the comfort and familiarity of the homes they love. Our team members are grateful for the opportunity to have woven quality clinical services and care, human kindness, and trusted presence into a tapestry of loving support to enhance dignity and independence in the lives of those we've served.

Making life better for thousands of lowans and their families has been our privilege ... and our story is just beginning.



To learn more about WesleyLife at Home, visit wesleylife.org/at-home-services or call (515) 978-2777.



In-Home Medical Services • Non-Medical Home Services • Hospice • Meals on Wheels • Charitable Public Health Services

(515) 978-2777 | WesleyLife.org/at-home-services



Time for work.
Time for life.

- ▶ Flexible schedule with NO nights or weekends
- ▶ Family-friendly workplace, "mom hours" available
- ▶ Focus on employee wellness and balance
- ▶ Rewarding career

Optimae
HOME HEALTH SERVICES




We're hiring! Scan the code or visit optimaelifeservices.com/join-OHH

Optimae Home Health Services Central Iowa 515-277-0134

LIBRARY

By Staci Stanton,
Programming & Outreach Manager

SUMMER Reading Challenge underway

Our Summer Reading Challenge officially kicked off on Thursday, May 30, but there is still plenty of summer left to log your reading. Youth ages 0-17 will earn a book prize of their choice for each milestone they reach after reading for 15 days and 30 days. All ages who successfully complete 30 days of reading will be entered into a grand prize drawing of their choice. Keep track of your progress with a paper log or by using the Beanstack app. For more details, visit www.urbandalelibrary.org.



We also offer a number of activities for all ages throughout the summer. Our popular Storytime in the Parks series returns. Join us Tuesday mornings at 10 a.m. or Thursday evenings at 6:30 p.m. in parks around Urbandale.

Some of our Friday performances for this year include SOAR with Raptors on June 7 and Martika Daniels circus and fire variety show on June 28, both at 10 a.m. in the Charles Gabus Memorial Tree Park. View a full list of events on our website calendar.

Behind the Beat exhibit

During the month of June, the library is hosting "Behind the Beat," an exhibit from the African American Museum of Iowa. The exhibit shares how music tells a story, a soundtrack to the past through lyrics, melodies, harmonies and rhythms. For more than 400 years, African Americans have pioneered diverse musical styles that influenced, and were influenced by, historical events and cultural trends. From spirituals to the blues, jazz to soul, and funk to hip-hop, this music is a narrative about African American history and the American experience. From the agony of slavery to the determination of the Civil Rights movement, this exhibit will bring a deeper understanding of how a beat can bear witness for generations to come.

Public piano

An outdoor piano, a joint venture of the Public Art Committee, the Urbandale Library and Urbandale Library Foundation, has been installed on the library's patio for the summer season. You may remember we hosted a City Sounds outdoor piano in 2022, and plans are to expand it this year by recruiting piano players of all skill levels to play the piano at a few mini concerts throughout the summer. If you or somebody you know would like to play the piano, please contact Library Director Nicholas Janning at njanning@urbandale.org. ■

**NEED
NEU
BLINDS?**

**CONVENIENT
CONSULTING IN YOUR
HOME WITH SAMPLES**

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



Neu Blinds

**CALL OR TEXT TODAY
515-250-5543**

GRABER. | DELIGHT IN EVERY DETAIL

- ✓ **FREE ESTIMATES**
- ✓ **Easy and Affordable**
- ✓ **Many products to choose from**
- ✓ **FREE INSTALLATION**
- ✓ **Referrals**

Owned and operated by James Neu of Johnston

Every house deserves Neu Blinds.

CHAMBER names Howell educator of the year

Award annually recognizes teacher in the Urbandale Community School District.

The Urbandale Chamber of Commerce named Haley Howell as the recipient of the Educator of the Year award for 2024. This annual accolade recognizes one outstanding educator from the Urbandale Community School District. Howell has demonstrated exceptional dedication, innovation and compassion in her role as a math teacher at Urbandale High School, chamber officials said in announcing the honor.

Sponsored by Buenzow Insurance Group, the Educator of the Year award celebrates educators who go above and beyond to inspire and empower their students. "Howell exemplifies these qualities through her unwavering commitment to her students' success and her innovative approach to teaching," officials said.

"One of Ms. Howell's remarkable achievements this year was her adept handling of new curriculum implementation. While many educators may have feared a decline in student performance during this transition, Ms. Howell tackled the challenge head-on. Despite the changes, her students' scores showed no dip, a testament to her exceptional teaching skills and dedication to maintaining high standards," the press release said.

"What truly sets Ms. Howell apart is her genuine care for each of her students. She ensures that every individual's needs are met and isn't afraid to seek help or show vulnerability when necessary. By prioritizing building relationships with her students, Ms. Howell has fostered a classroom culture where students feel valued, supported and motivated to succeed. Her empathy and dedication have made a lasting impact on the lives of her students."

"We are thrilled to recognize Ms. Haley Howell as the 2024 Educator of the Year," said Tiffany Menke, president of Urbandale Chamber of Commerce. "Her dedication to her students, innovative teaching methods and compassionate approach truly embody the qualities we look for in an outstanding educator."

Howell will be formally honored at the 2024 Educator's Breakfast in August, where she will be celebrated for her contributions to education and the Urbandale Community School District. ■



Haley Howell is the recipient of the Urbandale Chamber of Commerce's Educator of the Year award.



TRUSTED ACCOUNTING & TAX EXPERTS WHO ARE:

- ✓ Dedicated to empowering our community's financial success
- ✓ Offering accurate and friendly advice
- ✓ Committed to integrity and satisfaction of our clients
- ✓ Over 20 years of experience

Specializing in:

Tax Services

Tax Problem Resolution

Small Business Assistance

Payroll Services, Accounting, and
Strategic Business Coaching



 **Ann M. Hartz CPA**
AND ASSOCIATES

CPADesMoines.com

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

EVENTS IN THE AREA

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

Check for cancellations

Performance Series

• **Harp and Flute Duo.** June 23, 3-4:30 p.m.
Charles Gabus Memorial Tree Park and Gardens,
3400 86th St. The City of Urbandale, Urbandale
Parks and Recreation Department, Public Library,
Public Library Foundation and the Urbandale Public
Art Committee present the Performance Series.

• **Carey Crowson Trio.** Saturday, July 27,
1-3 p.m. Charles Gabus Memorial Tree Park and
Gardens, 3400 86th St.

Summer Concert Series

• **Tuesday, July 9, 6:30-8 p.m.,** enjoy June
Bugs at Charles Gabus Memorial Tree Park near the
library.

• **Tuesday, Aug. 13, 6:30-8 p.m.,** enjoy Opus
Taylor at Lions Park.

Mobile Recreation

Various dates and parks

Join Urbandale parks and recreation
staff at various parks throughout
Urbandale. Staff will bring the mobile
recreation van, with games, activities,
crafts and sports equipment, free for
everyone to use. Look for the City van
with its logo.

June 25, Rocklyn Park, 10:30 a.m. to
12:30 p.m.

June 25, Walker Johnston Park, 1:30-
3:30 p.m.

June 26, Walnut Creek Regional
Park Large Shelter, 11 a.m. to 3:30 p.m.

June 27, All-Inclusive Playground,
10:30 a.m. to 12:30 p.m.

June 27, Murphy Park, 1:30-3:30 p.m.

U-Fest

Saturday, July 6, 4:30-9 p.m.
Urbandale Senior Recreation Center,
7305 N.W. Aurora Ave.

The Urbandale Schools and Alumni
Foundation and the Urbandale Alumni
Association are hosting the 2024 U-Fest, a
fundraiser supporting student scholarships and
classroom grants throughout the Urbandale
Community School District. These grants
provide funds for classroom projects and
initiatives not supported within existing school
budgets. U-Fest is a fun, family-friendly event
featuring food, alcoholic and non-alcoholic
beverages and live music. Doors open at 4:30
p.m. with live music with Run Wilson from
5:30-8:30 p.m. Admission is \$10 for adults, \$5
for ages 7-18, and free for ages 6 and younger.
A family pack for two adults and up to four
kids is \$30. Concessions will be by Hy-Vee and
Your Private Bar, Pepsi and Coca-Cola. Special
Urbandale Alumni and Community Award
Ceremony will be held with KCCI's Scott
Reister, who will be selling copies of his book,
with proceeds being donated for scholarships.



Ice Cream Social

June 30, 2-4 p.m.
Olmsted-Urban House, 4010 70th St.

The public is invited to enjoy an ice cream social to
begin the Fourth of July week's celebrations.

YES!

We install
sump pumps.

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

ROTO-ROOTER
PLUMBING & DRAIN SERVICE

OPEN 24/7
INCLUDING HOLIDAYS
515-278-5668
rotorooterdesmoines.com

SAVE \$750

ON A WALK-IN SHOWER!

*Expires July 16, 2024.

CALL TO CLAIM!
515-516-4727

Specializing in
**Tub-To-Shower Conversions
& Complete Remodels**

AFTER!

SHOWERS • BATHS • VANITIES & VANITY TOPS • WALK-IN SHOWERS

CLEAR CHOICE BATH

Call for a **FREE**
in-home consultation
515-516-4727
ClearChoiceBath.com

EVENTS IN THE AREA

Check for cancellations

State of the City Address

Wednesday, July 17, 11:30 a.m.
Holiday Inn & Suites DM
Northwest, 4800 Merle Hay Road,
Urbandale

The Urbandale Chamber of Commerce is hosting the State of the City address by Urbandale Mayor Bob Andeweg at its membership luncheon. Non-members are welcome to attend. Cost is \$35 for members and \$45 for non-members. Find the registration link at <https://businesses.uniquelyurbandale.com/events>.

Jasper Winery Summer Concert Series

June 27
2400 George Flagg Parkway, Des Moines

Jasper Winery welcomes all for its Summer Concert Series Thursdays from 6-9 p.m., May through August. Bring your lawn chair, listening ears, appetites and thirst. Damon Dotson Band will be performing June 27. See more at www.jasperwinery.com.



CITYVIEW's Summer Stir - Downtown

Friday, June 21, 5-9 p.m.
Court Avenue District, Des Moines

CITYVIEW's traveling cocktail party is back in downtown Des Moines. Sample many of summer's finest drinks at some of the area's best bars and restaurants. Try 10 different drinks for only \$25 with your online order (\$30 at the door). For more information and for tickets, visit <https://summerstirs.dmcityview.com>. ■

NEWS BRIEF

LONG-TERM care facilities recognized with national award

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) recently announced the recipients of the 2024 Bronze - Commitment to Quality Award. Thirty-three Iowa long-term care facilities, including Deerfield Retirement Community of Urbandale, were recognized by AHCA/NCAL with this award, which encompassed more than 700 long-term and post-acute care providers in 48 states.

The AHCA/NCAL National Quality Award Program honors long-term and post-acute care providers that have demonstrated their commitment to improving the quality of care for seniors and individuals with disabilities. This national award program has three levels: Bronze, Silver and Gold. Providers begin the quality improvement process at the Bronze level, where they assess their organization's mission, vision and key factors that lead to success. Bronze recipients may move forward in developing approaches and achieving performance levels that meet the criteria required for the AHCA/NCAL Silver Achievement in Quality Award. ■

SAVING LOCAL LIVES

lifeservebloodcenter.org



75% of blood transfusions in Iowa come exclusively from LifeServe Blood Center

100% of blood and blood products that come from LifeServe are from volunteer donors like you.

KEEP YOUR DONATION LOCAL. DONATE BLOOD WITH LIFESERVE.

Ankeny
1555 SE Delaware Ave | Suite J

Downtown Des Moines
580 SW 9th St | Suite 112

Johnston
5625 NW Johnston Drive

Urbandale
10469 Hickman Rd

West Des Moines
4800 Mills Civic Parkway | Suite 109





POLK COUNTY | Leading the Way

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

RESOURCES AND REFERRALS

BOARD OF SUPERVISORS

515-286-3120

ASSESSOR

515-286-3014

BEHAVIORAL HEALTH

515-288-0818

24HR HELP 855-581-8111

CONSERVATION

515-323-5300

ELECTION OFFICE

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

515-286-3247

GENERAL ASSISTANCE

515-286-3434

GRANTS AND SPONORSHIPS

COMMUNITY BETTERMENT AND DEVELOPMENT GRANTS

515-286-2272

SPONSORSHIP

515-286-2272

HEALTH

515-286-3798

VETERAN AFFAIRS

515-286-3670

HUMAN RESOURCES

CAREER OPPORTUNITIES, EMPLOYEE

BENEFITS AND WELLNESS

515-286-3200

DIVERSITY, EQUITY, INCLUSION, ACCESSIBILITY

515-286-3624

PUBLIC WORKS

515-286-3705

RECORDER

VITAL RECORDS

515-286-3781

PASSPORTS, REAL ESTATE

515-286-3160

ATV/BOATS/SNOWMOBILE

515-286-3160

SHERIFF

POLK COUNTY JAIL

515-323-5400

LAW ENFORCEMENT (NON-EMERGENCY)

515-286-3306

TREASURER

MOTOR VEHICLE

515-286-3030

PROPERTY TAX

515-286-3060



POLKCOUNTYIOWA.GOV



POLK COUNTY
Board of Supervisors



Polk County North/West Highlights

The Polk County Board of Supervisors are responsible for approving funding for numerous projects throughout the county. Funding of projects comes from gaming revenues generated by our partnership with Prairie Meadows Racetrack and Casino. The funds support Polk County Community Betterment Grants and Community Development Grants to enhance the quality of life throughout Polk County



Polk County Assists with Funding for GrimesPlex

Polk County provided a community development grant for the construction of GrimesPlex. The new 50-acre synthetic turf complex will be one of the largest facilities of this kind in the Midwest. This multi-sports facility will include baseball, softball, soccer and football fields located within the 200-acre Hope District. The one million square feet of field area is flexible to hold numerous sporting events and recreational activities. The new facility is projected to have an economic impact of \$16 million per year for the Greater Des Moines Area.



Cultivation Complex at Living History Farms Brought to you, in part, by Polk County

As Living History Farms in Clive transforms from a seasonal cultural attraction to a year-round destination, Polk County stepped in to help fund the new Cultivation Complex. The Cultivation Complex will provide year-round programming and address much needed space demands to meet Living History Farms programming needs. With a year-round facility, Living History Farms will bring enhanced value to the tri-membership program offered in conjunction with the Science Center of Iowa and Blank Park Zoo.



Youth Justice Initiative of West Des Moines Receives Upgrades from Polk County

The Youth Justice Initiative (YJI) is an organization dedicated to provide a restorative process for youth in the community to promote healing, increase accountability and support for repeat juvenile offenders. Polk County is providing a community betterment grant to help offset the costs for food, technology, and supplies for YJI's bi-weekly study table. The funds will also help expand fitness activities so youth can socialize, exercise, and be more focused to learn.



Polk County Central Iowa Source Water Research Study Underway

Our two rivers, the Raccoon and Des Moines, are one of our communities greatest assets with more than 240 miles of shoreline. These rivers play a significant role in central Iowa's local economy, culture, recreation community and overall identity. The rivers are the primary source of drinking water for over one-half million people. Right now, a two year study called the Central Iowa Source Water Research Assessment (C.I.S.W.R.A.) is underway to give us a better picture of what is in our water. A team of nationally renowned scientists are working to give us a comprehensive look at the cleanliness of our rivers and streams. Once complete in 2025, CISWRA will provide a road map for community leaders to create policies and best practices to cleaning our waterways and protecting this vital resource for future generations.

IOWA'S #1 LINCOLN DEALER* Since 1980



A bold new take on comfort, revitalization, and connectivity.

THE ALL-NEW 2024 LINCOLN NAUTILUS® SUV

38 AVAILABLE

LINCOLN DIGITAL EXPERIENCE

Our new Lincoln Digital Experience brings enhanced levels of customization and convenience to your drive. The panoramic display, the largest display in its class,* and center-stack touchscreen work together to position core driving information at eye level to help keep the driver's focus on the road ahead.

*Class is Medium Premium Utility.



LINCOLN

Due to high demand and global supply-chain constraints, some models, trims and features may not be available or may be subject to change. Check with your local retailer for current information.

HYBRID POWERTRAIN

The Lincoln Nautilus offers an available hybrid powertrain — on all models. The 2.0-liter turbocharged engine, paired with a continuously variable automatic transmission with a 100 kW electric motor, can achieve a total combined horsepower of 310** and an EPA-estimated 30 mpg in the city and 31 mpg on the highway.**

**Horsepower and torque ratings based on premium fuel per SAE J1349® standard. Horsepower, torque, and fuel economy are independent attributes and may not be achieved simultaneously.

**EPA-estimated rating of 30 city/31 hwy/30 combined mpg, 2.0L GTDI PHEV engine/CVT Auto Transmission Power Split Electric transmission/AWD drivetrain. Actual mileage will vary.



STIVERS 2024 LINCOLN CORSAIR

16 AVAILABLE



STIVERS 2024 LINCOLN AVIATOR

15 AVAILABLE



STIVERS 2024 LINCOLN NAVIGATOR

20 AVAILABLE



Scott Polito, President
Stivers Ford Lincoln of Iowa



Stivers Ford Lincoln

1450 E HICKMAN | WAUKEE IA 50263

515.987.3697 | www.stiverslincolniowa.com

*Sales ranking based on 2023 car and truck sales report of the Kansas City Region of Lincoln Motor Company.

J-HAWKS

Softball

The J-Hawks softball team faced Ankeny Centennial on June 6 at home.



Tiffany Johnson, Ashley Shott, Vanessa McKinney, Shane Feyen and Pat Feyen



Kylee Barry, Melissa Barry and Christine Schnell



Carol Fisher, Sondra Mrky and Larry Mrky



Tim Cooper and Kendi Wahlert



AJ Pruitt and Robert Cunningham



Dennen Rew, Isabel Johnson and Joshua Kooi



Rylie Pruitt and Marlie Schneider



Colleen Webster and Kali Kuhl



Julia Corwin and Gina Chandler



Bryce Abel and Mike Richmond



Dave Smith and Brody Richmond

DRIVE Out Hunger

Employees at Stew Hansen & Dewey Auto packed food bags to Drive Out Hunger for more than 600 Iowa kids in need. The employees bought, prepared and donated the meals, which were delivered to five metro schools as part of the "We're 'Hear' for You" campaign, now in its third year.



50% OFF OIL CHANGES

Some Exclusions Apply. Inquire for details. Expires 7/31/24.

- ✓ NO CHARGE Pick up and delivery of your vehicle from home or work
- ✓ Lifetime warranty on most parts and labor

Westside
AUTO PROS

**Family Owned & Operated,
Full-Service Auto Repair**

1901 NW 92nd, Clive
515-225-9090
westsideautopros.com
Hours: M-F: 7:30a.m. - 5:30p.m.



Activate Their Brain this Summer!

After a long winter indoors, children need to get out and about for good mental health. Here are a few places children can exercise their brain in central Iowa:

1. Science Center of Central Iowa
2. Living History Farms
3. Jester Park Nature Center
4. Principal Park
5. Blank Park Zoo
6. Adventureland
7. Big Creek Beach
8. Ledges State Park
9. Blue Zoo Aquarium
10. The Iowa Children's Museum

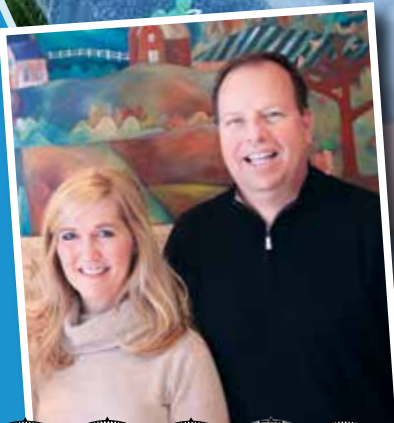


Waggoner Pediatrics of Central Iowa

Call today to schedule your child's appointment!

515-987-0051

2555 Berkshire Pkwy, Suite A, Clive
waggonerpediatrics.org





A TRUSTED LIFELONG PARTNERSHIP.



We understand that one of the biggest stressors when getting your vehicle serviced is the unknown.

That's why we ensure you get an accurate estimate before we start the service, clear communication throughout the process, including videos of what our technicians see, and how they plan to fix it.

Convenient hours, clear communication, and accurate expectations – that's the trusted partnership you can expect from Bob Brown Chevrolet.



**Together
let's drive™**

I-35/80 Exit 126 | 3600 111th St.
515.278.7800 | bobbrownchevy.com