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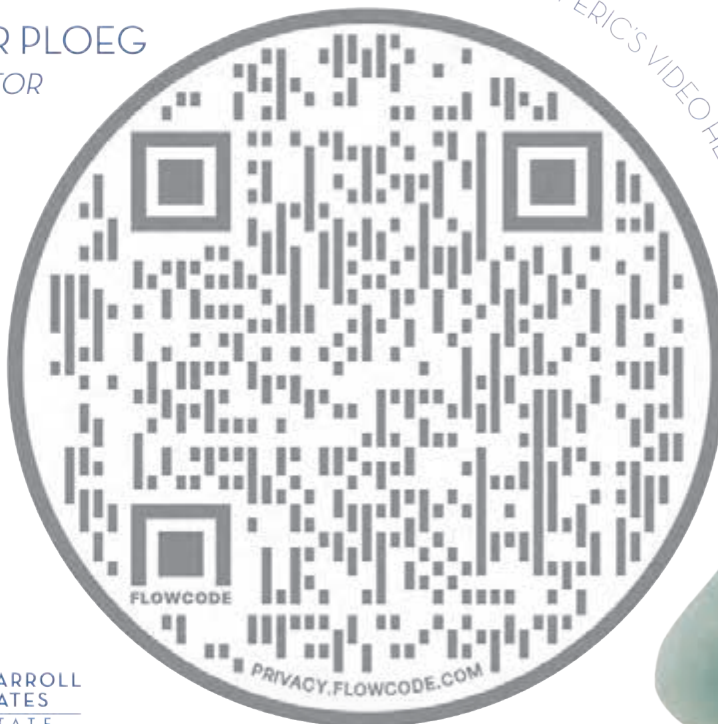
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WELCOME

ROAD warriors

I used to like to drive. I really did. That was prior to 1993. Life changed after that.

It was 29 years ago when I started publishing Car & Truck Market magazine, an automotive photo publication that featured images and descriptions of thousands of vehicles and other stuff to buy, sell or trade. These were the days before the Internet was commonplace, and publications like these were effective in selling stuff — and were fun to read.

I started our Iowa edition from scratch, building a distribution network and selling ads to auto dealers starting in eastern Iowa and working west across the state. I would build a territory up and then hire a sales and delivery rep to take it on. And do that again. And again. And again. It was an effective strategy and a successful business, but it required a great deal of travel on Iowa's roads and highways. As much as I enjoyed exploring nearly every community in the state, I also grew tired from my time on the road. I rarely stayed in hotels but drove back home every night to see my bride, and then I started the process again early the next morning. The miles on my car — and on my body — added up.

When the weekends rolled around, the last thing I wanted to do was get in a vehicle and drive somewhere. But, like many of you, that is what I did. To see friends. To visit family. To travel on vacations. Jolene knew my weariness from being on the road, and she often opted to take over the driving, which I appreciated greatly.

We sold Car & Truck Market magazine to the Auto Trader company in 1997, and my time on the road cut back immensely. Meanwhile, Jolene's drive time continued through the years, as she is still the one who drives the most often when we travel together. Many of my male friends laugh at this, insisting that driving is the manly thing to do. Maybe, but I can find other ways to express my manhood, and I am perfectly comfortable with my wife behind the wheel. I have also become quite proficient at sleeping in the passenger's seat.

Today, I don't travel as much as I used to, but there are many road warriors out there who make their living on the road. We are pleased to share some of their stories in this month's cover.

Thanks for reading. ■

SHANE GOODMAN

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Read more of Shane Goodman's columns each weekday morning by subscribing to The Daily Umbrella email newsletter for free at www.thedailyumbrella.com.



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FEATURE

ON THE *road*

Residents share their
experiences of driving
for a living

By Darren Tromblay

When it comes to driving for a living, many who choose to do so say they enjoy being behind the wheel. Maybe it's the challenge, the independence, the freedom of the open road or just the joy of being able to turn the radio up and sing out loud. However, while they may enjoy their livelihood, they are also keenly aware of the responsibilities on their shoulders. No matter what type of vehicle they drive, many say foremost in their minds is the safety of their cargo — be it the people they transport or the goods they haul — as well as their own safety and that of others on the road.

Russell Heerdts has been volunteering for LifeServe Blood Center for more than 10 years now.

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FEATURE

Driving dreams

Growing up in Des Moines, Ja-Sean Coleman knew what job he wanted when he entered the workforce: school bus driver. It was on a bus that he met his best friend; it was on a bus where he was, well, understood.

"He's still the best friend to this day," Coleman says. "And, on my worst days, my bus driver would take time out of his day to listen, talk through my problems, and just help me through it. I wanted to be able to have that same effect on kids who are having a bad day. I want to be there for them."

Coleman has been driving for seven months and six days, to be exact.

One day, while scrolling through some job listings, Coleman came across an opening for a school bus driver in the Urbandale School District.

Now he drives bus during the day and works at a bowling alley at night.

Getting prepared to be a bus driver was no easy feat in itself. During the two months of training, a lot of time

was spent in the classroom as well as behind the wheel. The district assisted Coleman in getting his Commercial Drivers License (CDL), which involved not only driving, but knowing the ins and outs of a bus mechanically. Once all these boxes were checked, it was time for the real deal; it was time to go solo. He remembers it well.

"It was a dark, gloomy, foggy morning," he recalls. "I was so nervous, not because I was driving a bus, but because I didn't want to miss any students or make a wrong turn. I didn't want to be late to drop the kids off."

But guess what?

"I made a wrong turn, and I was five minutes late," he says. "But the kids were very understanding. So, after I knew that, I considered my first 'solo' trip amazing, knowing I could get the kids there safely."

With his multiple routes and schools, Coleman estimates he travels 20-30 miles per day, delivering his precious cargo with the utmost care.



Urbandale School District bus driver Ja-Sean Coleman has been at his "dream job" for seven months now.

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Colemon says driving a bus differs greatly from a normal vehicle. There's a lot more mirror watching for starters, and you have to learn instinctually what other drivers are going to do before they even do it. The City of Urbandale is undergoing a lot of construction right now, so more drivers than usual are impatiently wanting to get to the merged lanes before he does.

"Know that I'm dealing with kids and that I can't come to a complete stop fast enough," he said of his advice to others when around school buses. "Be aware that it takes a lot longer for a bus to stop."

Now that he's obtained his dream job, Colemon has no plans of giving it up.

"I want to make a career out of this," he says. "I love driving bus and waking up every morning and seeing the smiles on kids' faces. Being told, 'You're the best bus driver ever,' brings light to my day."

All they want to do is dance

Elizabeth Atajic is a do-it-all behind the wheel. She's a dance mom, the bringer of all to appointments, and a registered nurse who floats from hospital to hospital, depending on need.

Atajic, her husband Alen, and their three daughters, Kejla, Maja and Nela, have been in Urbandale since 2008. And, while her job takes her across the metro, and doctor and dental visits fill her schedule, it's that dancing that requires the most seat time.

Nela, 5, dances two days a week, on Tuesday and Thursday. Her oldest daughter, Kejla, three days a week, on Wednesday, Thursday and Sunday. The drive from their house to the dance studio is about 20 minutes, one way. If traffic is bad, round trips could end up taking as much as 50 minutes. As if that weren't enough, Atajic is part of the studio's parent committee, which holds meetings frequently as well.

"I probably spend five hours a week, minimum, driving back and forth from the studio to home," she says. "If it's a competition weekend, sometimes it can be more."

Those numbers don't take into consideration the amount of drive time that goes into traveling to dance competitions on the outskirts of the state — or even further.

"This season, all of our regional competitions are here in the Des Moines area, which is nice," Atajic says. "But we will be driving to Fort Walton Beach in Florida for a competition, which is about a 17-hour drive one way."

For those long hauls, she and Alen usually try to split up the duties so they can drive straight through.

Atajic's "ride" is a Mercedes-Benz ML 350. While that may sound great, it's not all that it's cracked up to be, she says. The amount of driving she does requires at least two stops at the gas station per week.

"Honestly, if I had known the gas prices were going to go up the way they did, I probably wouldn't have gotten it," she says of the Benz. "It takes a premium type of gas, which is the most expensive type before the diesel. Had I known this was going to happen, I think I would have chosen something more eco- and gas-friendly, like a 4-cylinder, or something that wouldn't eat up gas quick."

Atajic works as a float nurse locally for UnityPoint. Each day, she calls in about an hour before her shift is to begin and is instructed where she is to go. Every four hours, the company looks at staffing needs and makes adjustments accordingly. Which, of course, means more driving for Atajic.

"I can start at one hospital and then have to drive to another one the same day," she says. "There have been times where I've driven to three separate hospitals within my 12-hour shift. There are times when I start off my shift at Lutheran, then go to Methodist downtown, then end up at Methodist West, or vice versa."

Atajic brought her last vehicle brand-new with 15 miles on it in 2017. When she got rid of it in November 2021, the odometer had topped 90,000 miles.

Outside of work, Atajic is the family go-to when it comes to delivering family members to appointments and checkups. Her oldest daughter, because she dances up to 25 hours per week, is frequently going to the doctor to get clearances, physical therapy, and little injuries attended to.

Kejla now has a license and can drive, which should help ease the burden a bit, Atajic says.

"That helps me out in regard to me not having to take the time to drive her and can do something else like get groceries or run errands. But it doesn't help me financially because I have to pay for her gas, too," she laughs.

That's not to say driving doesn't have its lighter moments. Lately, she says, she's noticed



Elizabeth Atajic spends many hours in her vehicle every week taking children to dance, driving to appointments, and going to work. From left: Kejla Atajic, Elizabeth Atajic, Alen Atajic and Maja Atajic; front: Nela Atajic.

a lot of license plates are being customized humorously.

"There was one I just saw that said '5KSDSP,' or 'Five Kids Deep,' which I thought was pretty funny," she says. "I've seen a lot more Lyft stickers on cars now, too."

Speaking of which, with all the miles she puts on each year, is driving for a living something she'd ever consider?

"I actually thought about it at one point in time, but, honestly, between my mom and life duties and with my job, I have to DVR all of my favorite shows and watch them a week later as it is," she says. "I don't have a lot of free time. But if I did, I would consider it. I have a friend who drives Lyft all the time. If I had that time and ability, sure, I'd consider it."



Preston Crist drives more than 3,000 miles per month in his job as an electrician. He is pictured with his wife, Anastasia, and children, Preston Jr. and Lilyana.

FEATURE

It's electric

Preston Crist has been an electrician by trade for the past 10 years — and it requires him to spend more time than expected behind the wheel navigating from job to job. Some days the focus will be on one job. Others, he might be traveling to four different jobs at four different sites.

Coffee and Monster energy drinks are his best friend.

"I try to cap it off at four a day, though," he jokes.

Crist logs more than 3,000 miles each month in his work van. A decade ago, when he began in the trade, he had no clue how much time he would be spending simply getting from job to job.

"It's pretty common to drive this much, but, when I started, I didn't know that this is what it was going to be," he says. "I didn't know I'd be driving that much. I used to live in Florida, and there seemed to be a lot of accidents and stupid people on the road that don't know how to drive, so I didn't really even like driving."

Frequent roadtrips from St. Petersburg to Orlando hardened him to the ways of the road.

"I'd be running down I-4, which is like, malfunction junction," he jokes. "There are just

accidents waiting to happen all the time. People are just flying everywhere."

Things have gotten better since moving to Iowa a year ago, though. Much better.

"Here, people drive good compared to Florida," he says.

Drive for life

A little more than 10 years ago, Russell Heerdt, now 78, moved to Urbandale and was looking for some meaningful volunteering.

He found it in LifeServe, an Iowa-based not-for-profit blood center, where he's been a volunteer driver for more than a decade now.

Heerdt makes deliveries for LifeServe on a frequent basis and says his driving is "pretty straight forward."

"Depending upon the type of shift, you either pick up blood and deliver to a hospital blood bank or pick up supplies, deliver them to a donor center and return with their blood collections," he says of his routine.

Prior to driving, one has to pick a shift through an online signup. A driver can pick a shift far in advance or on a recurring basis.

"I pick most of my shifts on a daily basis — ones that no one else wants," Heerdt says.



Jim Douglas is a volunteer driver for LifeServe Blood Center.

He "drives for life" for two reasons, he says.

"By driving as a volunteer, we help the bottom line for LifeServe and therefore help keep medical costs in line," he says. "Secondly, driving for LifeServe gives me something meaningful to do as I approach middle age."

Fellow Urbandale LifeServe volunteer driver Jim Douglas, 66, has been behind the wheel for about a year now after having retired in July 2020.

"I worked in medicine my entire career, so I know the need for blood products," he says. "I like to drive, and I wanted to do something that would give back. This is a perfect fit." ■



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had to have difficult conversations with people, such as when retirement savings won't support their retirement lifestyle. It's better to have those conversations five or ten years before retirement than when you are in retirement. Then we can talk about strategies that can make your resources last longer or boost your retirement savings.

There may be some averages out there regarding retirement savings numbers, but I know there is no average retirement. Each plan we've helped families and individuals put together looks different. The families and individuals we work with lead exciting and diverse lives, with goals as varied as their personalities. My favorite part of the job is getting to see you live out those retirement visions. ■

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

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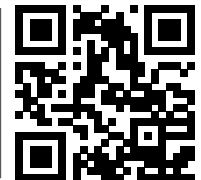
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WHERE WE LIVE By Lindsey Giardino

ARTIST settles in Urbandale

Art community a big draw



Nora Alshaikh moved to Urbandale six months ago after she married and relocated to her husband's home.

Her husband, Sinan, initially chose the house because it sits in a nice neighborhood and offers ample space. The couple enjoys that, from where they live, it takes just 10 minutes to get anywhere else around the Des Moines metro.

One of Alshaikh's favorite parts of her home are the large windows throughout, which provide plenty of natural light and enable fresh air to circulate. The couple's children also enjoy playing in the spacious basement.

She's grown to love the neighborhood and the people in it, too.

"The area is extremely peaceful and pleasant, and the residents are always courteous and smiling," Alshaikh says.

She's also come to love Urbandale in general.

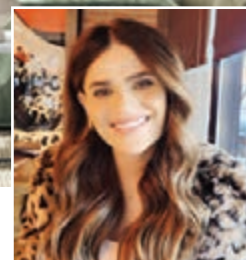
"The people in this community are extremely friendly and helpful," Alshaikh says. "You feel safe around these people. The area has everything you might need, such as grocery shops, furniture and home improvement shops, medical service centers and pharmacies, even art supply shops and restaurants."

In the future, Alshaikh hopes to get more involved in the community, specifically through art activities.

Alshaikh is a Palestinian self-taught artist, and her art creations feature humanitarian concepts such as refugees, displacement, and children's struggles around the world. She specifically creates art that focuses on children and women because she's a mother herself.

Because of her passion for and work in art, living in a community that values it is a big draw for Alshaikh as well.

"I heard a lot about the art festivals that are happening in the summer around Urbandale, Waukee and West Des Moines, and I am so happy to live in a place where people appreciate and love art with all its forms," she says. ■



Nora Alshaikh's artworks feature themes for which she is passionate, centering on the struggles faced by children around the world.

SELLING your home after retirement

It has been a long winter. Looking ahead, the idea of bright blue skies and sunshine may cause you to consider selling your home. You want retirement life to be about enjoying yourself, trying new things and having fun. You don't want to worry about maintenance and taking care of a home and property larger than you need. However, the thought of preparing your home, finding a new home and everything that goes into this process can be stressful, frustrating and downright daunting. With spring rapidly approaching, it is time to start those conversations with your professional team. Your financial planner, professional Realtor and family will be there to assist with the preparation, making a plan and to support you.

Here are a few tips for getting your home on the market and sold.

- **De-clutter.** If you have lived in your home for a while, you will have stuff — and lots of it. De-cluttering doesn't mean throwing everything out. Start with one room and three piles: a pile of keep,



to donate, and trash. Then, rewind and repeat for each room.

- **Make repairs.** Your Realtor will provide direction on what you should repair and what is OK to leave.

- **Clean.** You want your home to sparkle. Attention to detail is important. You have one chance to make a first impression. If this is overwhelming, consider hiring a service to do this.

Just when you thought the house was ready to put on the market, you think about the outside maintenance: the lawn, trees, bushes and the flower gardens. At one point in your life, caring for your property was fun; it was a great hobby. But today, it is simply a lot of work.

Living in a senior community gives you the best of both: a beautiful lawn, with bushes and trees, and it's maintained by someone other than yourself. The community has a team that keeps everything looking pristine. Community living offers maintenance-free living. You heard it correctly: You do no maintenance. ■

Information provided by Susie Ray, Marketing Director of The Arbordale, an independent living community in Urbandale. Learn more about having a comfortable and convenient spring season at TheArbordale.com.

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FAITH By Pastor Steve Smith

BELIEVING without seeing is a blessing

On March 5, 2022, an EF-3 tornado ravaged Winterset. I didn't see the tornado, but I believe it was real based upon the evidence. Images of downed trees, snapped power lines, damaged buildings and a path of debris all testify of the twister's reality. Those who witnessed the tornado certainly believe it happened, but so do a large number of people who only see the results left behind.



Jesus' resurrection is like that devastating twister in that a few people witnessed its reality (John 20:16-20), but many more who didn't see it believe based upon the evidence. Are you a skeptic unconvinced that Jesus proved Himself the Messiah by rising from the dead unless you have tactile (sight, touch) evidence?

Thomas was a skeptic, refusing to believe in the reality of Christ's resurrection and His identity as Messiah without personally seeing and touching His wounds (John 20:25). Given the chance to see and touch the risen Christ, Thomas' doubt turned to devotion as He declared, "My Lord and My God!" (John 20:28).

Thomas' belief based upon sight and touch was admirable, but Jesus declared that belief based solely upon trust is even more commendable. "Blessed are they who did not see, and yet believed." (John 20:29) To believe without sight is not blind faith, but trust based upon compelling evidence such as the historical accuracy of a crucified Jesus laid to rest in what is now an empty tomb; eyewitness testimony by those who saw the risen Christ — "Cephas, the twelve... more than 500 brethren at one time" (1 Corinthians 15:5-6); fulfilled prophecy (Psalm 16:8-11; Isaiah 53:3-12; 1 Corinthians 15:4); and unswerving loyalty of disciples who died as martyrs rather than renounce their belief in a risen Savior.

Jesus' resurrection served as a sign confirming His identity as "Lord and God" (John 20:28) and proved His victory over sin and death (1 Corinthians 15:57). How are those who believe in the reality of the sign and the identity of the Savior without seeing blessed? "...but these (signs) have been written that you may believe that Jesus is the Christ, the Son of God; and that believing you may have life in His name." (John 20:31)

For some, seeing is believing, but Jesus said believing without seeing is a blessing. Easter is past, but new life is ahead for anyone who believes that Jesus is the Christ.

Jesus said, "I am the resurrection and the life; he who believes in me will live even if he dies, and everyone who lives and believes in me will never die. Do you believe this?" (John 11:25-26) ■

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

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HEALTH

By Dr. Josiah Fitzsimmons, DC, BCN

IS IT neuropathy?

More than 20 million people in the United States suffer with neuropathy. If you do, then you know the devastation it can cause to your everyday life. Many people either don't know they have neuropathy or, if they do, they don't know it can be successfully treated. If left untreated, neuropathy can get worse.

Neuropathy is a result of nerve damage and can cause numbness, prickly or tingling feeling, pain, burning, electric shock-like pain, loss of coordination or balance, muscle weakness, and sensitivity to touch. Because neuropathy affects people differently, your neuropathy symptoms may not be the same as someone else's. Typically, older Americans have neuropathy, but even younger people can suffer because of traumatic injuries, surgery, chemotherapy and other causes.

How do you know if you have neuropathy? That's part of the problem. Since neuropathy presents itself with different symptoms, getting an accurate diagnosis can be difficult. Your physician has limited evaluation techniques to get to the root cause. Depending on your symptoms and how much information you give your physician, leaving out certain details can lead to a misdiagnosis or no diagnosis. Many physicians resort to prescribing medications that just mask the symptoms and never fix the problem.

If you experience any of the symptoms, it's time to find out if it is neuropathy. There's no reason to suffer and even more reasons to get back to living your life. ■

Information by Dr. Josiah Fitzsimmons, DC, BCN, Vero Chiropractic, 5525 Mills Civic Parkway #120, West Des Moines.



APRIL IS ALCOHOL AWARENESS MONTH

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HEALTH

By John Forbes, RPh

ALCOHOL Awareness Month

It is estimated that nearly 70% of American adults drink alcohol. In moderation, alcohol can be enjoyed with minimal affect on health; however, drinking to excess (also known as binge drinking) can be damaging to the body. According to the dietary guidelines for Americans, drinking in moderation looks like one drink or less for women and two drinks or less for men per day. When alcohol is drunk in excess, it can cause risks to the individual's health in the short term in the form of injuries, motor vehicle accidents that can hurt oneself and others, and even alcohol poisoning due to high blood alcohol levels. Consistent, excessive consumption of alcohol can lead to long-term consequences to health as well. These include an increased risk of developing heart disease, liver disease and stroke. The risk of certain cancers like colon, liver, throat and mouth cancers also increases. Alcohol can decrease the effectiveness of one's immune system, leading to an increase in sick days. Alcohol can become addicting, leading to decreased interest in one's social life, job and overall joys. Like most things, alcohol can be enjoyed in moderation without repercussions. If you or a loved one is experiencing alcohol abuse, call 1-800-662-Help (4357) for free, confidential information. ■



Information provided by John Forbes, RPh, Medicap Pharmacy, 8170 Douglas Ave., Urbandale, 515-276-3471, www.medicapurbandale.com.

BEFORE YOU GO

By Jan Shawver

WRITING your obituary

When making prearrangements for my own future burial, I was encouraged to write my own obituary. My first response was "WHAT?", but I soon realized that I had the opportunity to share final words with family and friends about what was really important to me.



So, what should be included in an obituary? Obviously, vital statistics such as full name, date of birth and death, family survivors (parents, siblings, spouse, children and grandchildren), where you worked, church you attended, clubs and organizations in which you were involved, military service, etc. Often there is also a listing of close family members who have preceded you in death. You may also include information about special interests and hobbies. (For me, it was my interest/involvement in music from the age of 3.)

You should also include space to list the funeral home, dates and times for your funeral/memorial services.

An obituary may be as detailed or as general as you want to make it. Most funeral homes will post your obituary on their website. You also have the option of having the obituary printed in the local newspaper.

Writing your own obituary may seem strange, but it gives you the opportunity to be remembered for what is truly important to you.

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

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

HEALTH

By Monica Meier

OVERCOMING cabin fever

As we enter into the spring season, and the gray skies of winter start to pass, we start to notice and feel a little bit of cabin fever that has set in from being inside for the last few months. Wanting to go do something is much easier when the air is warmer and the sun shines brighter. And, although it may not be nice enough to be outside every day, now is the time of year you can start to take advantage of more days that are to help elevate your mood, which, in turn, can help your mental health. With the "spring ahead" time change, you can be outside later, giving you the chance to rejuvenate yourself by breathing in more fresh air, playing in the sunshine more, and interacting with others.



Try some of these activities to help you enjoy the outdoors more: take a walk, go for a bike ride, sit outside and read a book, go to the park, draw with sidewalk chalk with the kids, fly a kite, take the dogs for a walk, go get a cup of coffee, eat outside for lunch.

Many things can help boost your mood and help your mental health if you are willing to get outside for a few minutes a day and enjoy things around you. ■

Information provided by Monica Meier, PhD(ABD), tLMHC, SS Therapy and Consulting, Ltd., 4725 Merle Hay Road, Suite 205, Des Moines, 515-528-8135, meier@sstherapyandconsulting.com, www.sstherapyandconsulting.com.

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ER or Urgent Care

Choosing the right location for your health care needs

Do you know the difference between needing urgent care and needing emergency care? It can seem like they are one and the same, but choosing the right location helps provide you with a better understanding of your health care needs.

The many illnesses and injuries for which urgent care is the perfect fit include, but are not limited to, sore throats, fevers, body aches, sinus and ear infections, cuts, fractured bones and falls. Other non-life-threatening concerns that can be treated with an urgent care visit include painful urination and discomfort associated with a urinary tract infection and many rashes or skin irritations.

The convenience of urgent care hours and locations means you don't have to wait to be treated for something that's been bothering you, even if your family medicine clinic is closed or an appointment isn't available as soon as you'd like. Urgent care is also a great option for people who might want checked out while they are visiting from out of town. Going to an urgent care is a great way to get

walk-in, personalized, expert care quickly for day-to-day health concerns.

However, serious injuries or severe illness that may require hospitalization should be directed to your local emergency room including, but not limited to, persistent vomiting, severe burns, uncontrolled bleeding, chest pains, allergic reactions, difficulty breathing and injuries from car accidents.

All emergency room physicians are board-certified, and emergency room nurses and support staff are highly trained and ready to respond to whatever need comes through their door — kids included.

Know before you go. Choosing the right location based on your health care needs can save you time and money and get you or your child back to wellness. ■

Information provided by MercyOne Des Moines Medical Center, 1111 Sixth Ave., Des Moines, 515-247-3121, MercyOne.org/desmoines

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Visit MercyOne.org/desmoines to learn more.



SQUAMOUS cell carcinoma skin cancer

Thanks to public awareness and therapies for advanced melanoma like Pembrolizumab, melanoma no longer kills the most Americans with skin cancer. That grim statistic has passed to CSCC, or cutaneous squamous cell carcinoma.



Squamous cell carcinoma of the skin kills by spreading regionally at first. In other words, it metastasizes locally, with a local metastasis or in-transit metastases. Small- and medium-sized nodules of cancer develop in the skin and lymph nodes immediately near the site of the primary skin cancer. Surgery at referral centers like the University of Iowa and MD Anderson can often cure regional metastasis of CSCC (Stage III SCC). However, it's a difficult and extensive surgery, and time is of the essence. Radiation treatments also provide a reasonable chance of curing and stopping Stage III CSCC.

At some point, the squamous cell

carcinoma spreads outside of the original region and is Stage IV, or distantly metastatic squamous cell carcinoma. Eventually, the tumors overwhelm the brain and the vital organs. For Stage IV patients, a treatment is available called Cemiplimab. Cemiplimab is also being used for Stage III CSCC in clinical trials. These treatments are often difficult to get before it's too late. Therefore, it's most important to beat squamous cell skin cancer with public awareness, sun protection and skin cancer screening exams.

A hat with a wide brim is wonderful help for preventing CSCC. A ball cap does not prevent SCC unless it wants to start on the scalp or the uppermost forehead. Men can work outside with a ball cap consistently but still die of SCC that began on the ear, the cheek or the lip. Men with no hair and women and men with thin hair, can develop life-threatening squamous cell carcinoma of the scalp if they don't consistently protect their head from the sun. There is hardly anything more distressing than an SCC of the scalp that spreads tumors

over the scalp, face and neck.

One of the most important times to see your dermatologist immediately is, when involving sun-damaged skin, a BB-like or pea-like red pimple develops that will not heal. If it's rough and sensitive or slightly painful, those are even more characteristic of an early SCC. BB-sized SCC can be cured with a surprisingly small surgery. When an SCC on the head, face or neck becomes larger than a pea, it becomes likely to spread, to regionally metastasize.

Early prevention of SCC also includes freezing (with liquid nitrogen) the rough sensitive small skin lesions called actinic keratoses, or AKs. Dermatology literature indicates that 10-15% of AKs will progress to SCC if left untreated. Topical therapies like 5-Fluorouracil and PDT Photodynamic therapies can also treat and prevent AKs. ■

Information provided by Steven Harlan, MD, Harlan Dermatology & Dermatologic Surgery Center, 8131 University Blvd., Clive, 515-225-8180, info@DOCTORHARLAN.com.

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URBANDALE Public Library news

The month of April is an exciting time for libraries across the country for celebrating National Library Week, and Urbandale Public Library is no exception. The theme for this year's National Library Week (April 3-9) was "Connect with Your Library," which promotes the idea that libraries are places to get connected to technology by using broadband, computers and other resources. Libraries also offer opportunities to connect with media, programs, ideas and classes, in addition to books. Most importantly, libraries also connect communities to each other.

National Library Week recap in Urbandale

The library continued the tradition of Food for Fines by accepting donations of non-perishable food and hygiene products as payment for overdue fees from April 2-10. These items are then distributed by the Urbandale Food Pantry to members of the community. The 3-day book



sale held April 8-10 provided opportunities for weeded and donated materials to be enjoyed beyond the library's four walls. Thanks to everyone who participated.

Mayor Andeweg announced this year's All Urbandale Reads title, "This Tender Land" by William Kent Krueger, at the City Council meeting on April 5. Krueger has a popular mystery series set in the north woods of Minnesota with a protagonist of mixed heritage — part Irish and part Ojibwe. His work has received a number of awards, and his last nine novels were all New York Times bestsellers. A companion novel to the 2013 Edgar Award-winning "Ordinary Grace," "This Tender Land" explores a wide range of themes, including coming of age, forgiveness and hope. Community discussions will be held on Thursday, Aug. 4 at 6 p.m. and Wednesday, Nov. 9 at 1 p.m. with an accompanying program to be revealed later this year. Borrow one of the library's copies and join the community conversation.

April is also National Poetry Month, and the library will host Poet Laureate of Iowa Debra Marquart on Tuesday, April 26 at 6 p.m. for an evening of music, poetry and storytelling. Marquart will share new poetry as well as work from her latest book, "The Night We Landed on the Moon." This program is funded by Humanities Iowa and the National Endowment for the Humanities and is free and open to the public. If you are a person with a disability who requires special assistance, call 515-278-3945 in advance. ■

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THE ESTABLISHMENT of the town and the school district

In April, more than 100 years ago, a decisive action was taken to establish the Urbandale community.

Years earlier, residents in rural Webster Township met at the Center School, a country school in the west area. The families decided it was important to build a community school closer to the streetcar turn-around at 70th and Rosalind where more families were settling. They worked to raise \$2,000 and, with the help of volunteers, by 1916, a two-room school house was ready for occupancy at 70th and Douglas. There were two teachers, and the children were divided with younger children in four grades in one room and the older grades in the adjoining room.

During this time, there was state legislative emphasis on school consolidation. To avoid having to become part of the Johnston Consolidated District, Urbandale needed to form its own independent school district. This could be done only if the town itself was legally incorporated. The proposed town was about 3 miles west of Des Moines. There were approximately 350 inhabitants in this area of the township with 60 eligible voters.

Several area men, led by Millard Olmsted, a local farmer who was one of the first graduates of Drake University, met with a district judge to determine how to proceed. Millard and his father-in-law, J.D. Stuart, posted the \$2,000 bond to file the necessary papers to begin the process to incorporate the town.

An election was set for April 5, 1917, at the new school house. Notices were posted in public places and published in the Des Moines Daily Record, a newspaper published in Des Moines, "there being no newspaper within the limits of the proposed town."

The vote was unanimous with 49 votes cast in favor and non against. (Mothers had worked to give their support but women could not yet vote.)

The name Urbandale was officially adopted. On May 3, the new Urbandale citizens elected Otto Laverrenz as the first mayor. Councilmen were E.T. Botsford, G.W. Mead, Mark Stuart and J.C. Witmer. Walter Parmenter was chosen treasurer and Millard Olmsted assessor. The mayor was to receive \$1 for each council meeting, and the other officials were to get 25 cents each. Meetings were held at the school house for many years and the town records kept in a locker in the building.

The new independent Urbandale Community School District was established. The 1920 census for the town showed the population of the new Urbandale as 298. The rest is history. ■

CORE Club supports refugee community

Building an inclusive environment



The student-led Urbandale High School CORE Club recently held a Hygiene for Humanity drive in support of the local refugee community.

Supported by adult faculty facilitators Emily Hoesly and Karin Ibrahim, the student-led Urbandale High School CORE Club recently held a Hygiene for Humanity drive in support of the local refugee community. With more than 65 members signed up, Ibrahim says CORE works to provide a safe space for students to discuss race, build foundations for a deepened understanding of the racial structures throughout society, and provide opportunities for students to get involved throughout their communities.

"Our goal in CORE is to never root our experiences, our conversations, or outreach in saviorism or trying to make ourselves feel better about what we do for others, but truly focusing on what we can do to build a stronger, more loving, more inclusive community," Ibrahim says.

CORE's efforts to support the refugee community with the Hygiene for Humanity Drive not only created a space for students to learn stories and backgrounds of refugees throughout their community, it also helped shed light on the challenges those community members might be facing regarding access to supplies, whether due to cost or other factors.

"Seeing the youth get invested in their spaces and their communities this early in their lives makes me hopeful for a more

equitable and inclusive future," Ibrahim says.

To organize the drive, students first met with the principal, associate principal, and the Connections Committee faculty leader of the high school in order to get permission to devote two weeks of connections, announcements and hallway monitors to the Hygiene Drive. Throughout the two weeks, the CORE students collected and sorted supplies. This included products such as shampoo, conditioner, body wash, dish soap, cleaning supplies and more.

"I loved coming together as a UHS community to help our greater community," says Amanda Le, a UHS senior and CORE facilitator.

In addition, students were also expected to speak to their connections group and provide additional information to students and teachers as needed. In the end, the CORE Club was able to collect more than 2,500 individual items to donate.

"Without the students being absolutely amazing and hopping into this, we wouldn't have had the successes we did. In CORE, it's our goal to show up for the people we love. We show up for our community, and this is what building a strong and liberated community looks like," Ibrahim says. ■

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EVENTS IN THE AREA

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

Check for cancellations

Poet Laureate presents music, poetry, storytelling

Tuesday, April 26 at 6 p.m.
Urbandale Public Library

April is National Poetry Month, and the library will host Poet Laureate of Iowa Debra Marquart for an evening of music, poetry and storytelling. Marquart will share new poetry as well as work from her latest book, "The Night We Landed on the Moon." This program is funded by Humanities Iowa and the National Endowment for the Humanities and is free and open to the public. If you are a person with a disability who requires special assistance, call 515-278-3945 in advance.

The GAIA Project: A Climate Crisis Dialogue

Multiple events
Artisan Gallery 218, 218 Fifth St.,
West Des Moines

The Gallery is collaborating with the Upper Mississippi River Initiative to host exhibits and gallery talks addressing water quality issues, rapid species extinctions and dangerous destabilization of the Earth's climate.

- Artist reception in celebration of Earth Day, Friday, April 22, 5-9 p.m.
- Guest speaker: David Thoreson, Saturday, April 23, 1 p.m., with book signings of his work, "Over The Horizon."
- Panel Discussion with KCCI Meteorologist Chris Gloninger and Lillian Hill, Saturday, April 30 at 1 p.m.

Farmers Market/ Music in the Junction

Thursdays, May 5 through
September, 4-8:30 p.m.
Historic Valley Junction,
Fifth Street, West Des
Moines

The Farmers Market/Music in the Junction series features live music and a beverage garden at Railroad Park. The beverage garden opens at 5:30 p.m. with live music from 6-8:30 p.m.

Talk With Officials

Saturday, April 30, 10:30 a.m. to noon
In-person (limited space) and virtual
RODAN Board Room, Urbandale
Chamber of Commerce,
2830 100th St., Suite 110

Talk with Officials is a forum for the business community to connect with elected officials representing Urbandale at the State, County, City and School District levels.

The Talk with Officials events are open to the general public and held on the last Saturday of each month. Registration is required.

Invited elected officials include: Urbandale Mayor Robert Andeweg, Sen. Brad Zaun (R), Rep. John Forbes (D), Rep. Eddie Andrews (R), Polk County Supervisor Robert Brownell (R) and Katherine Howsare, Urbandale School Board president.

For more information and registration, visit www.uniquelyurbandale.com or email Tiffany Menke, tmenke@urbandalechamber.com.

Putting an End to Human Trafficking

Tuesday, April 26
Hilton Garden Inn, 205 S. 64th St.,
West Des Moines

The Greater Des Moines Rotary Multi-Club Committee presents this program focused on ending human trafficking in the area. The public is invited to learn from some of the local heroes fighting this important issue. The panel will include Rocky Vest, partnership development manager, Hope for Justice U.S. and BTC 200 co-founder; Brenda Long, Garden Gate Ranch; and David Gonzalez, senior investigator, Midwest region, Hope for Justice U.S. Registration is 4 p.m. with program from 4:30-6 p.m., followed by visiting booths of nonprofits fighting human trafficking, networking with Rotarians and heavy hors d'oeuvres and drinks. Cost is \$20 per person. Rotary members RSVP to your club. Non-members register at civitasdsm2022.eventbrite.com.

Festival Cinco de Mayo

Saturday, May 7, noon to 10 p.m.
Historic Valley Junction, Fifth Street, West Des Moines

Celebrating the Mexican heritage of many railroad workers during the establishment years of Valley Junction, this festival is an opportunity to recognize the Mexican community that helped James Jordan's vision of bringing the railroad to the Des Moines area become a reality. Enjoy Mexican food, artwork, live music, dancing and family activities. The Cinco de Mayo King and Queen will also be announced.

View the lunar eclipse

Sunday, May 15
Parking lot at New Hope Assembly
of God, 4425 70th St., Urbandale

A total lunar eclipse is coming up on the evening on May 15. While eclipses occur about twice a year, they are often difficult to view. Some occur while in daylight here, and only people living in another part of the world can see them. Others start very late at night, making them challenging to get up for. The timing for this one makes it just about as easy as a lunar eclipse can be. Its "umbra stage" will begin soon after dark at 9:28 p.m. as the earth's shadow begins covering the moon. During the next hour, the shadow will cover the moon completely and become total at 10:29 p.m. The moon will remain visible, but takes on a dim reddish color. At 11:52 p.m., it will begin moving out from the shadow and become fully visible again at 12:58 a.m. This eclipse will be low in the sky, so, around many homes, viewing will be obscured by trees and houses. Urbandale resident Jim Stearns expects it to be visible from 9:30 p.m. onward from the parking lot of New Hope Assembly of God, and he will have a telescope set up tracking the moon.

He invites residents who don't have a good view from home, but would still like to see it, to bring folding chairs and converse with their friends and neighbors while watching it go through its stages. He will provide a closeup view with his telescope.

Parking is available in the lot east of the church. The parking lot south of the main building is reserved for viewing. This event is weather dependent and will be held only if it's a clear evening. If clouds obscure the viewing, it will not be held.



EVENTS IN THE AREA

Check for cancellations



Downtown Farmers' Market

Saturdays starting May 7

Des Moines Historic Court District

The Des Moines Downtown streets will be filled with live music and the smells of fresh, local food when the Downtown Farmers' Market presented by UnityPoint Health – Des Moines returns for its Opening Day on Saturday, May 7. The Market takes place every Saturday morning from May through October. Hours are 7 a.m. to noon, with a later start time during October when hours are 8 a.m. to noon. The Market spans nine city blocks in Downtown Des Moines in the Historic Court District, Court Avenue from Water Street to Fifth Avenue and extending north and south on Second Avenue, Third Street and Fourth Street. The Market is produced by the Greater Des Moines Partnership.

'Of Gravity and Light'

Friday, April 22 at 7 p.m.
Des Moines Civic Center,
221 Walnut St., Des Moines

Join Ballet Des Moines for the world premiere of composer Beau Kenyon's contemporary ballet, "Of Gravity and Light." Be entranced through eight innovative movements combining sound, imagery and movement exploring the wonder of space. As Ballet Des Moines' year-long resident and director of education and outreach, Kenyon interprets the science of space through music and dance, inviting the disciplines of science and art to converge. "Of Gravity and Light" will feature choreography by Ballet Des Moines Artistic Director Tom Mattingly, video installation by artist Yu-Wen Wu and live music directed by conductor Tim McMillin. Tickets available at www.dmpa.org.



Wild Lights Festival

Through May 30, nightly
Wednesday - Sunday plus
Memorial Day, 7:30-10 p.m.
Blank Park Zoo

Blank Park Zoo's Wild Lights Festival presented by MidAmerican Energy Company will feature more than 40 handcrafted, larger-than-life, illuminated animal-shaped Asian lanterns. This year's festival features Asian mythical creatures, prehistoric dinosaurs and endangered animals, in partnership with Tianyu Arts & Culture. Cost if ordered in advance is \$24.95 per person or \$19.95 for Zoo members (ages one and younger are free). Purchase tickets at www.blankparkzoo.com/wildlights. Capacity is limited.

Kathleen Madigan's 'Do You Have Any Ranch?' Tour

Friday, April 22 at 7:30 p.m.
Hoyt Sherman Place, 1501
Woodland Ave., Des Moines

Get ready for an evening of laughs with Kathleen Madigan. She's been doing comedy for 32 years and counting — and she doesn't plan on stopping anytime soon. Kathleen's career has included several comedy specials on Netflix, Comedy Central and HBO, more than 40 appearances on late night talk shows, a guest appearance on Jerry Seinfeld's "Comedians in Cars Getting Coffee" and her own podcast called "Madigan's Pubcast." Tickets and information for the "Do You Have Any Ranch?" tour can be found at www.hoytsherman.org.



GDP Music Festival

Saturday, April 23
Downtown Des Moines

The Des Moines Music Coalition presents Gross Domestic Product (GDP), an all-Iowa music festival featuring 12 new and emerging artists from across the state, including LVMAKING, Wave Cage, Bouquet and Good Morning Midnight. Performances will take place at various venues in Downtown Des Moines. Buy tickets at www.desmoinesmc.com.

Art Exhibit: 'Immersive'

Through June 5
Des Moines Art Center, 4700
Grand Ave., Des Moines

Follow a path from darkened space to darkened space where each one is filled with different combinations of light, color and sound. www.desmoinesartcenter.org



Iowa Wild hockey

Wells Fargo Arena, 730 Third St.,
Des Moines

www.iowawild.com

Home schedule:

Friday, April 22 vs. Texas Stars at 7 p.m.

Saturday, April 23 vs. Texas Stars at 6 p.m.



'Pippi Longstocking'

April 22 - May 8
Des Moines Playhouse, 831 42nd
St., Des Moines

Follow the adventures of a freckle-faced, mismatched-stockinged, red-pigtailed girl named Pippilotta Delicatessa Windowshade Mackrelmint Ephraim's Daughter Longstocking — or "Pippi" for short. She lives on the outskirts of town in a ramshackle house, with a horse on the porch, a monkey in the kitchen, a pirate captain father and an angel of a mother. The Kate Goldman Children's Theatre presents "Pippi Longstocking." Purchase tickets and find more information at www.dmpplayhouse.com.

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The safety and efficacy of CoolSculpting and CoolTone in combination have not been evaluated by the FDA.

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CoolSculpting® Important Safety Information The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paroxysmal cold hemoglobinuria. Tell your doctor if you have any medical conditions including recent surgery, pre-existing hernia, and any known sensitivities or allergies. During the procedure you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, blanching, bruising, firmness, tingling, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after submental or submandibular area treatment. Rare side effects may also occur. CoolSculpting® may cause a visible enlargement in the treated area which may develop two to five months after treatment and requires surgical intervention for correction. **CoolTone® Uses** The CoolTone® device is FDA-cleared for improvement of abdominal tone, strengthening of the abdominal muscles, and development for firmer abdomen. CoolTone® is also FDA-cleared for strengthening, toning, and firming of buttocks and thighs.

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HOME HEALTH

By Ward Phillips

LIVING at home until the end

According to a Kaiser Family Foundation poll, seven of 10 Americans say, when their time comes, they would prefer to die at home. And, another new study, this one by Johns Hopkins, shows families of older adults who die at home are more satisfied with their loved ones' care than those whose family members died in a free-standing "hospice house."



The preference for at-home services in the last stages of life shouldn't surprise anyone. I think we all feel a sense of peace and comfort when we're in familiar surroundings with our families, comfortable in a favorite chair with our favorite things around us. And I've heard about that preference many times in helping to connect people with hospice services for their loved ones.

I've listened as tearful sons, daughters, husbands and wives have told me some variation of, "My family member has had enough of the hospital. They just want to be at home in their bed, curled up with the dog." But the dying person and family don't always realize that choosing a certain kind of hospice care is a decision that is entirely up to them.

If you find yourself seeking hospice services for a loved one, that person's doctor or care team might recommend your family member transition to a hospice center. That is certainly an option, but another choice is a hospice provider that will send nurses and other care providers to your loved one, wherever they choose to live out their last months, weeks or days.

Here are a few things to think about in considering home hospice care.

- Hospice isn't a place; it's a care philosophy that focuses on enhancing comfort and overall quality of life. No matter where it's offered, hospice care provides pain management, treats physical symptoms, and addresses emotional and spiritual needs.

- Hospice care extends to wherever a seriously ill person calls home — a private house or apartment, a family home, a senior living community, etc. Care is provided by a team that can be made up of nurses, Certified Nursing Assistants, aides, social workers, volunteers and, if desired, a chaplain or other spiritual provider.

- In any setting, hospice care is available 24 hours a day, seven days a week. Your family member's hospice team will work with your loved one to determine the most effective schedule of care, which will likely be fluid in response to changes in the person's condition.

- The cost of home hospice services, like the cost of hospice care in a center, is covered by Medicare. Veterans' Administration (VA) benefits also cover the cost.

The most important thing, when you're faced with a decision involving the kind of hospice care to select, comes down to the wishes of your ill family member. If they want to die at home, that's a desire that should be honored — and can be accomplished compassionately and safely with a reputable provider. ■

Ward Phillips is Senior Director of Sales for WesleyLife, which offers a broad network of health- and well-being-focused communities and services for older adults. Celebrating its 75th anniversary this year, WesleyLife offers award-winning adult day services in Des Moines and Newton. Call 515-271-6701 to learn more.

BAETH presented with business honor

Administrator Isabella Casillas Guzman, head of the U.S. Small Business Administration (SBA), announced the 2022 Small Business Persons of the Year winners from each of the nation's 50 states, the District of Columbia, Puerto Rico and the Virgin Islands.

Iowa's 2022 SBA Small Business Person of the Year is Kimberly Baeth, president and owner of Golden Openings in Urbandale.

Kimberly Baeth was working at a chamber of commerce in the late 1990s and was getting multiple requests to host and coordinate grand openings for new businesses in several communities. The chamber didn't provide that service, however, so business owners had nowhere to turn until Baeth decided to join the chamber and start her own business, Golden Openings, in 1997. Starting out with homemade giant scissors made out of wood and razor blades that ingeniously met to cut a ribbon, her scissors were in high demand and rented often. She went on to be the first to invent and patent giant stainless steel scissors two years later.

Today, Golden Openings offers thousands of ceremonial products and grand opening, ribbon cutting and groundbreakings services. When Baeth first started, it was just her working out of her home. Today, she has 14 employees, hundreds of contractors, and has done business on every continent except Antarctica. She now also has her own office and warehouse space and has had an average annual revenue growth of 28 percent each year since 1997.

Like many small businesses, the COVID-19 pandemic significantly impacted Golden Openings. Baeth credits two SBA PPP loans with helping see her business and her employees through, and, in 2021, the company had its best revenue year ever, with 84 percent growth. "The PPP loan was a lifeline that helped our company endure the disaster and adjust to changing market needs," Baeth said.

Baeth was nominated for this award by Judy Eyles, director of the John Pappajohn Center for Entrepreneurship at Iowa State University. ■



Kimberly Baeth

URBANDALE students win prize in C-SPAN competition

C-SPAN announced that Luis Jimenez, Will Schumacher and Cody Iwig, students at Urbandale High School, are honorable mention prize winners in C-SPAN's national 2022 StudentCam competition. Jimenez, Schumacher and Iwig will receive \$250 for the documentary, "Agriculture and the Farm Bill."

The competition, now in its 18th year, invited all middle and high school students to enter by producing a short documentary. C-SPAN, in cooperation with its cable television partners, asked students to explore a federal policy or program and address the theme: "How does the federal government impact your life?"

In response, more than 3,000 students across the country participated in the contest. C-SPAN received more than 1,400 entries from 41 states, Washington, D.C., Morocco and South Korea.

The 150 winning videos can be viewed at www.studentcam.org. ■

CITY lowers the tax levy

Moody's Investors Service on Tuesday, March 29, affirmed the City of Urbandale's Aa1 bond rating. Economic growth continues to drive revenue, leading to stable financial operations with healthy reserves. Urbandale is also lowering the tax levy for the upcoming fiscal year.

"This excellent rating is one factor that helps the City of Urbandale decrease the tax levy for our residents this coming year," said Nicci Lamb, director of finance. "A strong bond rating allows us to borrow money at lower interest rates — and the less interest Urbandale pays, the more money we can save Urbandale taxpayers."

Urbandale's tax levy will be lowered 10 cents from last year's amount to a new total of \$10.01. This lowered levy will go into effect for the 2022-2023 fiscal year which begins on July 1, 2022.

"The City of Urbandale appreciates the affirmation by Moody's of Urbandale's fiscal stability in issuing these strong ratings," said Mayor Bob Andeweg. "It underscores the long-term commitment of the City Council and staff for strong fiscal discipline and operational excellence, and it allows us to continue providing high quality services at a reasonable rate."

Aa1 is immediately below the rating of AAA as one of the highest possible bond ratings that Moody's can give an organization. This rating allows the City of Urbandale to manage timely debt strategies and will lead to more investment into the improvement of the community. Moody's Investors Service is a global provider of credit ratings, research and risk analysis. ■

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HVAC

By Scott Bontrager

HVAC: Repair or replace?

Do you have an HVAC system that is more than ten years old? If so, you may be debating whether or not you need to replace or repair it. While there are many variables to this question, the most common variable is simply the age of your system. If you have an outdated HVAC, replacing it usually makes the most sense, but there are instances when repairing it may be a better option. Let's find out which route is best for you.



With routine maintenance, your system can last 15 to 20 years, but having an old system can come at a cost. Having an outdated system is similar to outdated electronic devices. They might work perfectly fine, but they have outlived their economic life. Does your system constantly need repairs to keep up? Are your energy bills increasing every month? If so, it would probably be cheaper to replace.

On the other hand, if service calls are rare, and, overall, your system is performing well, it's likely that replacement isn't necessary in the near future.

Does your system release odors, make strange noises or compromise your safety? If the answer is yes, it's time for a new system. Examples of hazardous repairs could be cracks or holes in your HVAC system that can lead to a carbon monoxide leak.

Most air conditioners that are older than 10 years use R-22 Freon refrigerant, which is now illegal to produce. Because of this, it's very expensive to add, and the cost increases every year by hundreds of dollars. Additionally, if you continue to need refrigerant, that signals a leak, as a properly running AC system maintains the same amount of refrigerant.

A good guide to follow: If your unit is more than 10 years old, you're experiencing more frequent problems, or the quotes you've received for repairs are high, purchasing a new unit may be the better choice. If your system is less than 10 years old, is well-maintained, and has not experienced a major failure, then it might be better to have the unit repaired.

Choosing to repair or replace your system is a big decision. When deciding whether to repair or replace, no two situations are alike, but I hope these tips aid in making your decision less complicated and confusing. If you have more questions, contact your HVAC trusted professional today. ■

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



A SERIOUS CANDIDATE FOR SERIOUS TIMES

Mike Franken is a western Iowan who helped put himself through school working at meat-packing plants. He refers to his bootstrap childhood as the youngest of a family of nine where everyone worked: his father ran a machine repair shop, his mother was a teacher and the family seamstress. Mike obtained a Navy scholarship in 1978 and graduated in engineering from the University of Nebraska. He rose from ensign to admiral during his navy career, where he solved a wide variety of problems around the globe.

Mike wants all Americans to have the high-quality care that military members have because he knows the system works for the good of the people. He understands the critical difference that social security can make in people's lives. The power of a strong public education made it possible for him to achieve his many goals, and he wants to use his position as a US Senator to ensure that we can increase the quality of education to all our children.

We live in serious times. Mike Franken is the candidate for the US Senate we need now. Check out our website – www.frankenforiowa.com – and join the campaign that brings people together to solve problems.



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RECIPE

SUSTAINABLE family meals from farm to table

(Family Features) Much time is often spent planning and preparing family meals, from choosing recipes to gathering ingredients and working in the kitchen. However, where that food actually comes from and how it's made is an often-overlooked part of food preparation.

Next time you lay out a weekly menu that includes recipes like this Bone-In Prime Rib, keep sustainability in mind by considering the practices put in place by America's farmers. For example, the corn industry's evolution in sustainability along with its documented environmental, economic and social improvements over the last several decades points to farmers' willingness to embrace change.

As the largest sector in American agriculture, corn farmers impact hundreds of thousands of jobs, infuse billions of dollars into the economy and care for critical resources while overseeing substantial improvements in production.

The family farm belonging to Nathan and Nicki Weathers in Yuma, Colorado, includes 3,000 acres of irrigated crops and 300 cows. They harvest grain corn, which goes to a feedyard, dairy or an ethanol plant, and silage, which is sold to local feedyards.

According to Nathan, corn is the best feed available for his farm and makes his beef production more sustainable.

"They go hand in hand," Nathan said. "To be able to drive the protein market and meet the demands of the future, we have to be sustainable in both. We need to have protein and be able to grow it and have a feed source for pork and poultry. Corn is an efficient and economic feed source for all our protein." ■

Bone-in prime rib

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee



Photo courtesy of Getty Images

- 1 bone-in prime rib roast (8 pounds)
- Oil
- 5280 Culinary Rub-a-Dub seasoning, to taste
- 5280 Culinary Island Boys Coffee seasoning, to taste

Directions

- Remove roast from packaging and place on large sheet pan. Drain juices and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.
- Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in two to three areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.
- Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.
- Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.

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ESTATE planning mistakes

When it comes to making an estate plan, many people are not as diligent as they should be. Because estate plans decide where your assets will be transferred at your death, it is important to have your affairs in order. Here are some common mistakes to avoid when creating your estate plan:



• **Not having an estate plan.** The most common estate planning mistake is not having a plan at all. While nobody likes to think about it, death is unavoidable and inevitable. Setting out your plan is one of the most important things a person can do. By planning, you are ensuring that your personal and financial affairs will be handled properly. Those left to handle your personal and

financial affairs after you're gone will also thank you.

• **Doing your estate plan yourself.** I know what you're thinking — attorneys are expensive. And you're right. Estate plans can be complicated documents. While you could write your own will or use a generic template, doing so is risky. These poorly drafted documents could potentially be expensive for you or your heirs. Further, homemade documents may not be enforceable at all, meaning your assets would pass according to the intestacy statutes and not how you directed. Play it safe and find an attorney you trust to advise you on what planning opportunities are available to you.

• **Not planning for disability.** A proper, well-drafted estate plan will not only specify what happens to your assets when you die, but also for what happens in the event that you become incapacitated. It is important

to have both general and financial power of attorney documents in your estate plan. These documents appoint someone you trust to act on your behalf in the event that you cannot act for yourself.

• **Failing to update your plan.** Once you have gotten an estate plan in place, it is important to keep it up to date. Estate laws are always changing. Further, any life event could greatly affect your estate plan. It is important to review your estate plan frequently to ensure your assets are transferring in the way you wish.

To ensure you're not making these and other common estate planning mistakes, talk to your attorney. ■

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

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IS A RECESSION on the horizon?

Economic growth has recently shown signs of slowing in the U.S. and across the world. While growth is still positive, some recent indicators appear to be flashing warning signs for the future. The war in Ukraine, persistent inflation and a recent inversion of the U.S. Treasury yield curve are a few items worth consideration. Anyone paying attention to recent world events has seen many disturbing pictures and video of the war in Ukraine. Russia invaded the country in late February, perhaps expecting quick victory. As the weeks have gone on, Ukrainians have fought fiercely to defend their country, yet many civilians have been killed and millions have been displaced. The physical and emotional damage inflicted upon the citizens of Ukraine is immense, and it appears there is no immediate end in sight.



The economic effects from the war have also begun to materialize throughout the world, with a hike in oil and gas prices adding to inflation concerns that already existed. According to AAA, the average price per gallon of regular gas is approaching \$4 per gallon in Iowa while exceeding that level on average in the U.S. The latest release of Core CPI showed prices rose 6.4% in February from the prior year and was the largest year-over-year change in 40 years, according to the Bureau of Labor Statistics. Inflation concerns have prompted the Federal Reserve to increase interest rates for the first time since December 2018.

Thus far, the Fed has only raised rates by 0.25% at its March meeting, but many expect the Fed to combat inflation by raising rates more aggressively at future meetings. These expectations of a more hawkish Fed have caused the shape of the U.S. Treasury yield curve to shift dramatically. At the end of 2021, yields on 2-Year Treasury and 10-Year Treasury notes were 0.73% and 1.51%, respectively. The upward slope of the curve with long-term yields exceeding those in the short-term is typically indicative of future economic growth.

Since the end of the year, the yield curve has flattened and recently inverted, with 2-Year Treasury yields surpassing yields of 10-Year Treasuries. While inversion of the curve itself may not mean a recession is imminent, every recession since 1955 occurred between six and 24 months after an initial inversion took place, according to the San Francisco Fed. Stay tuned. ■

Information provided by Jason K. Clevenger, CFA, Vice President & Trust Investment Manager at Iowa State Bank, 2301 128th St., Urbandale, 515-246-8240. As a fiduciary, the Trust and Wealth Management Department at Iowa State Bank creates and implements investment strategies for our clients while placing their interests above all else. Our team of investment and administrative professionals provides unbiased objectivity by managing client portfolios to achieve long-term goals and objectives.



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OUT & ABOUT



Jane Ball and Nicole Berger at the 5-year anniversary ribbon cutting for LLAB Electric on March 28.



The Urbandale Chamber of Commerce celebrated a 5-year anniversary ribbon cutting for LLAB Electric on March 28.



Jill Ellsworth and Sandy Cook at the 5-year anniversary ribbon cutting for LLAB Electric on March 28.



Jay Mathes and Mark Rheinschmidt at the 5-year anniversary ribbon cutting for LLAB Electric on March 28.



Tiffany Menke and Tara Knight-Ortiz at the 5-year anniversary ribbon cutting for LLAB Electric on March 28.



Molly Nelson and Erin Hefner at the Urbandale Chamber's AM Exchange hosted by Merkle Retirement Planning on March 29.



Alec Wilcox and Steffens Baumgarten at the Urbandale Chamber's AM Exchange hosted by Merkle Retirement Planning on March 29.



Walker Porterfield and Deborah Harp at the Urbandale Chamber's AM Exchange hosted by Merkle Retirement Planning on March 29.



Jacqueline Robson, Jill Ellsworth and Heidi Kroll at the Urbandale Chamber's AM Exchange hosted by Merkle Retirement Planning on March 29.



Craig Johansen and Loren Merkle at the Urbandale Chamber's AM Exchange hosted by Merkle Retirement Planning on March 29.



Tiffany Menke and Tim Clark at the Urbandale Chamber's AM Exchange hosted by Merkle Retirement Planning on March 29.

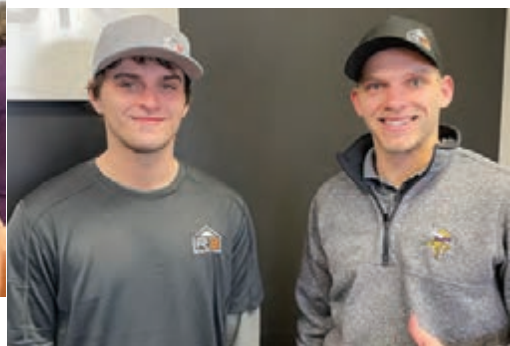
OUT & ABOUT

RIBBON Cutting

The Urbandale Chamber held a ribbon cutting at R3 Construction LLC on March 10.



The Urbandale Chamber held a ribbon cutting at R3 Construction LLC on March 10.



Nick Abbey and Dalton Nelson



Sean Picha and Ryan Proctor



Reonna Snyder and Allan Graham



Gretchen Schrock and Alex Hinsch



Jenni Buchanan and Jolene Goodman



Rhonda Mock and Tara Knight-Ortiz



Connie Blodgett and Lu Anne Gafford



Shelby Fuller, Sean Picha, Luke Hassman, Jared Harrison and Roger Hulbert



Urbandale Mayor Bob Andeweg

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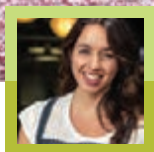
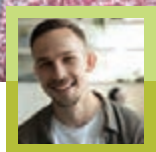
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