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FEBRUARY 2023

Living

MAGAZINE

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WELCOME

MEMORABLE marriages and the magic number of greatness

I remember working at a gas station in my high school years and talking with a customer who said he was in town for his five-year class reunion. I recall thinking how I could not even begin to relate to what life would be like five years after graduating from high school. That seemed like an eternity, at least to this 15-year-old. Then graduation came and went. And so did my five-year class reunion. And my 10-year. And 15. And 20. And 25. And 30. And 35. Somewhere along the line, I got old.



I also recall reading my hometown newspaper and seeing photos of couples who were celebrating their 50th wedding anniversaries. Those people seemed ancient. Well, Jolene and I have now been married nearly 28 years, so we are more than halfway there, and I look forward to the second half of the journey.

In the meantime, much can be learned from those who have been married for 50 years or more. When I was in my twenties, a man who had been married that long told me to "give your sweetheart a kiss and tell her you love her every day." Another said to remember to "forgive and forget." And yet another very honest man told me, "Hearing loss isn't all that bad."

Malcolm Gladwell wrote in his bestselling book, "Outliers," that "10,000 hours is the magic number of greatness." He says, in order to be an expert at anything, you need to first put in 10,000 hours doing it. The older I get, the more this seems to hold true. As those of you who are married know, marriage also takes work... and time... and understanding. Those things are not learned overnight.

Every marriage is different, as are each of those who choose to tie the knot, but there are some underlying principles that seem to carry through with couples who have made it work. In this month's feature story, we share the stories of these folks who have made their marriages memorable for 50 years or more.

I was back in my hometown a few weeks ago, and I stopped by that old gas station. It changed names a few times over the years, but some things still looked the same. I told the young clerk behind the counter that I used to work there 40 years ago. He looked at me with that same look I gave the guy going to his class reunion. Someday, he might understand.

Thanks for reading. ■

SHANE GOODMAN

Publisher

515-953-4822, ext. 305

shane@dmcityview.com



Tammy Pearson

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

Gina Chandler

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



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FROM 0 TO 50

**Couples reflect on their
50 or more years of
marriage**

By Marsha Fisher and Darren Tromblay

A lot happens between a couple's first date and their 50th anniversary. The transitions are many. For some, children and grandchildren steered their paths in new directions. For others, career changes were the impetus for moves and shifting priorities and lifestyles. While each couple's journey is unique — with its own obstacles, surprises and celebrations — one theme emerges for most. They have tackled life a day at a time — and they have tackled it together.

Couple "believes in marriage"

Philip and Juleen McGrath have been married more than 57 years and are enjoying the benefits. They share a sense of security, love and understanding. They share similar interests and values and make time to continue to strengthen their bond.

"We do things like planning meal menus and Monday morning grocery shopping together," says Phil, "and don't forget quality time together at the end of the

Philip and Juleen McGrath were married on Oct. 2, 1965, at St. Isidore Catholic Church, Manhattan, Kansas.

day to share ideas.”

Theirs has been a journey of refinement through the inevitable changes in life. Along with the typical adjustments of work, living situations and physical transitions, are the unexpected reversals that require adapting. For Phil and Juleen, their relationship began with change.

While Juleen was engaged to another man, she came home to see Phil leaving in his car from an interview with her mother. Her family lived in Manhattan, Kansas, and often rented the third floor of their home to male college students from Kansas State.

Juleen said she thought, “Now why am I engaged when I have feelings like this about this man?”

When she entered the house, her mother said, “Juleen, why can’t you be engaged to a nice young man like that?”

“Then I thought, ‘The Lord is hitting me over the head, wake up!’ And I do believe in love at first sight,” she says.

Later, the couple found they were both looking for a spouse that would be a good parent to a large family, someone with similar values and to share a common faith.

“Marriages are made in Heaven, and it was a good match, since we both believed in marriage,” says Phil.

Change continued when Phil was sent away to the service four months after they were married on Oct. 2, 1965. After being separated for 10 months, the McGraths were reunited and prepared to start a family; however, they soon realized they were not able to have biological children. With open communication and discussion, they decided to adopt.

“Going through the adoption process of waiting, adjusting and finally adopting two children was worth it,” says Phil.

“And miracles happen,” adds Juleen.

Today, Teresa Jo, her husband, David Thomason, and their two children, Kyle and Kennison, live in Texas, with Robert McGrath and his wife, Amanda, living nearby in Des Moines.

“Since I traveled during the week as an agricultural chemical salesman, every weekend was a ‘honeymoon,’” chuckles Phil. “And we had to structure our quality time to work together. We also planned, in our schedule, time alone together, setting aside 30 minutes at the end of the day. When the kids were little, and I was



Philip and Juleen McGrath enjoy a laugh together.

home, I always took the kids on a walk after supper, so Juleen could have some time alone after a long week.”

Some advice the McGraths shared for couples beginning their marriage journey: Be sure to say, “Yes, dear,” “I’m sorry, it was my fault, and please forgive me,” “Thank you,” and “I love you.”

They also advise: love one another, pray together, and make your marriage your priority.

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A good listener

One seemingly simple thing first attracted Barbara Hughes to her now-husband, Roger: his ability to listen.

"He was interested in me and listened to what I had to say, which was different than other fellows I had gone out with," Barbara says.

The Urbandale couple has been married 51 years now and can't imagine life without each other. A life together that began one day at a small community college in Estherville where Roger was teaching. A friend of his pointed Barbara out to him one day in the rotunda at the college.

"He said, 'Don't you think that's a beautiful girl?'" Roger recalls. "And I said, 'Yes, she really is,' and he took me over and introduced me to her."

A short time later, however, Roger was drafted into the Army and sent overseas to Berlin, Germany. Barbara was still in Estherville, but despite being thousands of miles apart, there was a special kind of connection that was sparked that fateful day, and they both knew it. Neither was going to let the other go.

"We wrote a lot of letters to each other when he was in Germany, and we actually fell in love that way," Barbara says.

In September of 1971, a year after he had finished his military duty, the two took the big step and were married in Estherville.

"We got married in her backyard. For the wedding dinner, we had fried chicken, potato salad, watermelon and beer," Roger says with a smile. "She didn't have to buy a fancy wedding dress, and we just had family and friends there. Just kind of an informal occasion, and it's kind of been that way for the last 51 years."

In 1980, the couple had their first child, David, and, three years later, another child, this time a daughter, Suzanne.

The secret to their marriage's longevity is a simple one: they're friends.

"You have to be, or you won't make it," Roger says. "We've become the best of friends, and there's very little that we can't talk about. We've had our ups and downs like all couples, but, for the most part, we were lucky to find each other. We're both pretty low maintenance."

Five decades into their marriage, the couple still sets aside one night per week just for themselves. Date night, it's called.

"We always try to go somewhere nice for dinner, to cultural events and to concerts," he says.

Having a sense of humor is also important,



Roger and Barbara Hughes of Urbandale have been married 51 years.

Roger says, as is not being caught up in trying to be perfect.

"Nobody's perfect," he says. "You have to be tolerant and respectful. The days of the patriarchal order are fast waning, and men have more to do around the house and more responsibilities, and women want to have a piece of the action, too. I think both the man and the woman have to be in tune to that."

"She is one of the few people that I can count on one hand who are completely devoid of guile and artifice," Roger says. "She can't tell a lie."



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She's honest with herself and with her family and friends. I don't know too many people who are as honest and sincere about relationships as she is."

Around the water cooler

Some people get their gossip around the water cooler. Don Newell? That's where he got his wife.

The beginnings of Don and Martha Newell's now 63 years together can be traced back to a water cooler at a trucking company on the east side of Des Moines. One late afternoon, while Don was mowing, he noticed a man and woman get out of a car together and head into the building where he worked. The woman, particularly, grabbed his attention.

"I thought, 'Oh, she looks pretty nice,' " he recalls. "I thought it was probably her husband or boyfriend or whatever, so, I went in, and, come to find out, it was her brother, and she was going to be the PBX operator who ran the telephones in there."

This new employee — Martha — was stationed fairly close to the water fountain. Don became a guy who liked his water. Many times throughout the ensuing days, as a matter of a fact.

"I started going in there every so often to get a drink and see her," he laughs.

And it worked. The two eventually began dating. As happens with most relationships at some point or another, things went south, so to speak. Don and a friend, Jerry, decided to take a trip to Arizona to clear their minds. Maybe for good, he admits. Both men weren't getting along with their girlfriends, and Jerry had relatives in Tempe. So off they went.

The two tried to get jobs at the local police department, but that didn't work.

"He was too short, and I was too tall," Don says. "We couldn't find a job, so we ended up out at the ballpark with the millionaires watching baseball."

There was one problem, though, Don says. Money.

"We ran out of it," he laughs.

Then, one day, he got a letter in the mail.

"It was my 'Dear Don' letter," he jokes. "I thought I'd better get back to Iowa."

Once here, he told Martha he'd take her out one more time for dinner, then they would call it quits. Well, it didn't quit. Don took Martha out to dinner and then to the area where an Army tank sits, overlooking Camp Dodge in Johnston.

"I thought, well, if this doesn't work, I'll just get on the tank and drive away," he says with a laugh of his proposal. "It was the best decision I



Don and Martha Newell were united in matrimony 63 years ago.

ever made in my life."

Less than a year later, they were married. Two years after that, a son, Jeff, was born. The couple later added two daughters — Deborah and Heather — to the family as well.

Don says the keys to a long marriage are many, but cautions younger married couples — the men, specifically — to heed one thing.

"You know they tell you to love, honor and obey?" he says. "Pay attention to the 'obey.' " ■

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RECIPE

MEATLESS meals made easy

(Family Features) Regardless of your motivation, opting for meatless meals regularly provides plenty of benefits that extend from the health of you and your loved ones to your wallet and the environment.

Whether you're a vegetarian, vegan, considering making some lifestyle changes or just want to give an on-trend meal prep strategy a try, going meatless can help reduce your intake of red and processed meats, decrease greenhouse gas emissions that cause climate change and save money on substitute ingredients like grains, vegetables, fruits and legumes that are often cheaper than meat.

For example, starting with a versatile pantry staple like Success Brown Rice can make mealtimes quick and easy. Ready in just 10 minutes without measuring or the mess, the fluffy, nutty, non-GMO rice is free of MSG and preservatives, lending itself perfectly to satisfying and hearty meals like baked vegetarian taquitos. To find more meatless meal inspiration, visit SuccessRice.com. ■

Baked vegetarian taquitos

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 4

- 1 bag Success Brown Rice
- 1 cup shredded collard greens, packed
- 1/4 cup frozen corn
- 1 cup canned black beans, drained and rinsed
- 2/3 cup canned pumpkin puree
- 1 1/2 tablespoons taco seasoning
- 8 flour tortillas (6 inches each)
- 1 cup Monterey Jack cheese, shredded
- 2 tablespoons olive oil
- sour cream, for dipping
- salsa, for dipping
- guacamole, for dipping
- fresh cilantro, for garnish
- Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
- Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.



- Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
- Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
- Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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U-Plex vote in March

The Urbandale Community Recreation Complex, also known as the U-Plex, is a proposed indoor and outdoor community gathering place located in Walnut Creek Regional Park (WCRP) at 152nd Street and Meredith Drive that aims to engage Urbandale residents, recreational patrons, and families.

Urbandale residents will be asked to vote on whether the City should design, construct, and outfit the U-Plex and associated amenities at a special election on Tuesday, March 7, 2023.

The complex is estimated to cost \$43 million and includes a variety of indoor and outdoor features such as a walking track, three gym courts/nine pickleball courts, an indoor playground, community rental space, lighted pickleball courts, a splash pad, a regional playground, outdoor programming space and shaded gathering spaces.

Urbandale is growing

For more than 16 years, Parks & Recreation master planning for the City has identified Walnut Creek Regional Park for recreation amenities. The City looked at many options and areas around the community. Ultimately, the City already owns the land at Walnut Creek Regional Park, and this area was identified in the

2006 Regional Park Master Plan as a location for future recreation amenities. Urbandale continues to grow westward, and this location helps the City complement services across the community. The casual observer may be surprised to learn just how far west the City of Urbandale continues to grow. The western edge of Urbandale is currently at 184th Street, with more room to continue expanding westward into unincorporated Dallas County. The 2020 census shows Urbandale's population is approximately 45,580 and anticipated future growth up to 70,000 residents within its current boundaries. A majority of that growth will occur west of the interstate. Currently, about 63% of Urbandale residents live east of Interstate 35/80.

U-Plex costs for a homeowner

If approved, it's estimated that an Urbandale homeowner (with an assessed home value of \$200,000) would pay about \$119 per year, or about \$0.33 per day. The facility will be open to the public, with a drop-in fee schedule for some activities, as well as opportunities to rent meeting/event spaces. Drop-in fees, rental rates, and operations plans would be finalized and approved by the City Council. As with other City buildings, the Council would likely consider a resident rate and a non-resident rate. Resident rates are lower than non-residents rates.

This facility will not be membership-based, and will not be a health/fitness club. The U-Plex will be designed to complement other public and private facilities in the area. There are no plans to add a pool or workout equipment.

Other recreation amenities

The Complex is one of many projects to expand and increase the community amenities offered to Urbandale residents, businesses, and visitors. Plans for other key projects include a splash pad and park improvements at Lions Park; the creation of a Recreation Mini-Plex (just south of the Urbandale Public Library) which would include indoor recreation programming space, outdoor mini-golf, and a splashpad; a water trails project; as well as updating the skate park and expanding the current disc golf course. A Dog Park is also planned to be completed in 2023, located in Northview Wetlands Park, just north of the interstate.

Learn more about the U-Plex

Residents will be asked to vote at a special election on Tuesday, March 7, 2023. Watch videos, see more renderings, and learn more about the project on the City's website at www.Urbandale.org/uplex.



The language on the ballot will read: "Shall the City of Urbandale, Iowa, issue its General Obligation Bonds or Capital Loan Notes in an amount not exceeding the amount of \$43,000,000 for the purpose of designing, constructing, equipping, and furnishing a new community recreation complex, with related recreational site improvement."

HOW SECURE Act 2.0 could impact your retirement

Lawmakers have changed retirement rules again. SECURE Act 2.0 is a giant piece of legislation signed into law just before Christmas. It includes more than 90 retirement provisions. Some of these new laws could immediately impact your retirement plan.

As of Jan. 1, 2023, the Required Minimum Distribution (RMD) age has increased to 73 (from 72). Generally, RMDs apply to traditional IRAs and employer-sponsored retirement plans like 401(k)s. If you turned 72 in 2022 or earlier, you should continue to take RMDs as scheduled. If you're turning 72 this year and you've already scheduled your distribution, you can still take out the money or wait until 73.

We are reaching out to the families we work with in this situation. Some need the distribution as retirement income; others could be pushed into a higher federal tax bracket and may want to wait to take the distribution.

A friendly reminder for my fellow Iowans: Local lawmakers made changes impacting taxes this year. If you are 55 or older, you will not pay state income taxes on pension income and distributions from IRAs, annuities and employer-sponsored plans such as a 401(k).

Back to Washington, another immediate change decreases the steep



penalty for not taking an RMD from 50% of the RMD to 25%. The penalty is reduced to just 10% if the account owner withdraws the amount not previously taken and submits a corrected tax return in a "timely manner" (generally within two years).

This legislation comes three years after the SECURE Act of 2019, which changed the RMD age from 70 ½ to 72 and eliminated the stretch IRA. I was a vocal critic of the 10-year rule replacing the stretch IRA.

Instead of being able to stretch distributions over a lifetime, those inheriting an IRA from someone other than their spouse have to take the money out within ten years.

This can create a significant tax bill for beneficiaries. We reached out to many of the families and individuals we work with to discuss how the law change could impact their legacy plan. Some chose an IRA relocation strategy and the ability to see more of their money go to their loved ones and less go to taxes.

If the financial advisor you are working with isn't reaching out when retirement laws change, you may not be working with a team specializing in retirement planning. Your retirement planner should be watching what's happening in Washington so you can focus on the fun stuff, like living out your retirement vision. ■

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

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8 winter skin care rules for young children

1. Turn home temperature down and moisture up. Hot dry air is hard on skin, sinuses and nasal passages. Turn the furnace down a few degrees and use a vaporizer to add moisture to the air.

2. Moisture is not good everywhere. Wet bums and drooly chins can cause irritation. Use barrier cream, such as diaper cream within the diaper but not on the face.

3. Seal the skin following a bath. Pat, not rub, the skin. While still just a bit wet, add lotion to seal in the moisture.

4. Hydrate and eat right. Drink lots of water and eat foods high in fatty acids such as beans, olive oil, walnuts and winter squash, that help their skin to stay naturally moisturized.

5. Teach good habits early. Add moisturizer to their hands after washing with soap or using hand sanitizer. Encourage the use of lip balms. Have these things readily available, including in backpacks at school.

6. Keep baths short. Hot water causes drying so keep the temperature lukewarm. A quick bath 3 times a week for newborns is plenty.

7. Get smart about soap. Children don't need fragrant soaps. Formulations that are fragrant-free and soap-free are best. Body washes should not need to be scrubbed. Wash gently and pat dry.

8. Sunscreen is still needed in winter. The sun can be harmful no matter what the temperature is outside. And, 85 percent of the sun's rays can be reflected by the snow. Protect young skin with a 30 to 50 SPF baby-safe sunscreen 30 minutes before heading outside.



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GOOD news about estate planning

Are you worried about your family paying extra taxes when you die? There is some good news that can affect your estate planning.

Every estate is liable for a few different kinds of tax. Whether it is federal estate taxes, income taxes, inheritance tax, or capital gains tax, your heirs may be writing checks to the government. Iowa is one of six states that still implements inheritance tax. But that is changing as Iowa phases out its inheritance tax law.

In general, inheritance isn't taxed as income; you won't pay income tax on a bequest. But when you inherit money or property from someone, you potentially owe tax to the state of Iowa. Inheritance tax is owed on all assets passing to an individual.



Some beneficiaries are exempt: a spouse, children, stepchildren, grandchildren and parents all have a 100% exemption from inheritance tax.

Other beneficiaries have no exemption. Siblings, sons- or daughters-in-law, nieces and nephews, and friends all owe inheritance tax. The tax rate can be as much as 15%. For this reason, some clients avoid leaving money to a family member because of the tax implications.

New legislation changes this by phasing out the inheritance tax. For deaths occurring in 2021, the tax rate is reduced by 20%. The rate will continue to be reduced by 20% each subsequent year until Jan. 1, 2025 when the exclusion will be 100%. No inheritance tax will be owed for individuals dying after Jan. 1, 2025, regardless of the relationship of the beneficiary.

This change to the law presents an estate-

planning opportunity for many clients. Clients can include a sibling or beloved son-in-law or daughter-in-law in their will or trust without worrying that the State of Iowa will take some of the inheritance. Nieces and nephews are now viable beneficiaries, without the risk of having tax imposed.

Your legacy to your loved ones can now be more inclusive. Many clients are now looking at their options for revising and updating their estate planning documents. If you have a Last Will and Testament or a Revocable Trust and would like to include new beneficiaries, make sure that you contact an attorney who specializes in estate planning and who understands the new tax laws. ■

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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RESOLUTIONS and goals

New Year's resolutions can be helpful, fun tools to use to promote positive change in ourselves. However, do you find it difficult to complete your resolutions? By the time it reaches February or March, do you find your motivation begins to dwindle? Here are some ways to help goals stick:

- Break them down: Revise goals into smaller, more achievable bits and identify clear action steps.
- Get support: Have someone join in the goal or ask that they help hold you accountable.
- Rewards: Use small mental rewards to encourage continuation.
- Tracking: Track progress to be reminded of efforts.
- Find the why: Identify the reason behind creating the initial goal and circle back whenever motivation begins to decrease.

It is important to be firm with yourself regarding goals that create positive change, but also allowing space to give grace when we fall behind. Tying shame and punishment into resolutions can create anxiety around the subject, which can lead to being unable to complete the goals set. Goals can be started and finished at any time throughout the year. Positive change does not have to always have a timeline. Give grace to yourselves and begin with resolutions again when you feel ready. ■

Information provided by Ashley Brockman, intern, SS Therapy and Consulting, Ltd, 4725 Merle Hay Road, Suite 205, Des Moines, brockman@sstherapyandconsulting.com, 515-528-8135, www.sstherapyandconsulting.com.



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Today's treatments are safe, non-invasive, FDA-cleared and use electric cell signaling which produces painless electric cell signals and sends them throughout the nervous system. This in turn regenerates the nerves and prompts the body to repair the damage. Most of the treatment can even be done in the comfort of your own home.

Don't make the choice to suffer with neuropathy. The key is to seek out the right healthcare professional who can diagnose and treat neuropathy. ■

Information by Dr. Josiah Fitzsimmons, DC, BCN, Vero Chiropractic, 630 S. 50th St., West Des Moines.



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WHAT IS speech discrimination?

Having a hearing loss does not simply mean the inability to hear loudly enough. Some people may also have great difficulties hearing within a specific and narrow frequency region. This can be a result of what is known as “discrimination loss.” One can hear speech but not understand it.



Discrimination loss means that some speech sounds can't be perceived by the ear and brain, making it difficult to distinguish between words and speech sounds — particularly those that are placed close to each other.

Speech discrimination is not related simply to the degree of pure tone hearing loss. Some patients may have exceptionally poor speech discrimination despite near normal pure tone audiometry.

Speech discrimination scores in a series of 425 cases of acoustic neurinoma were 0% in 35% of patients, very poor (2–30% discrimination score) in 21%, moderate to poor (32–60%

discrimination) in 16%, and moderate to good (62–100%) in the remaining 28% of cases (Johnson 1977). In total, only 20% of patients with acoustic neurinoma had good speech discrimination.

The speech discrimination score is an important consideration when contemplating hearing preservation procedures. When hearing is normal in the contralateral ear, residual hearing on the operated side is useful socially only if speech discrimination is good and the pure tone audiogram is within 30 dB of the normal side.

A hearing specialist can measure speech recognition (by percent) to find out if you have a discrimination loss. The percentage of correctly identified test words is called the “speech recognition score.” This represents the difference between a perfect score of 100% and the score obtained.

Not being able to decode or guess the right words may result in insecurity in your own ability to hear. This insecurity sometimes results in people with a hearing loss “switching off” — becoming mentally unable to make use of their

residual hearing. Discrimination loss can lead to numerous complications including depression, anxiety, reduced cognitive input, inappropriate psychosocial responses, and Alzheimer's/dementia.

Speech discrimination is an important part of the audiologic test battery because it provides information regarding the listener's ability to recognize speech under well-controlled conditions. Speech-discrimination test results are used in conjunction with the findings of other tests to help determine the differential diagnosis of hearing loss, provide information about the listener's ability to communicate effectively, aid in decision making regarding candidacy for various surgical procedures, provide useful information about rehabilitative needs, including the effectiveness of hearing aids or cochlear implants, and provide information regarding central auditory function. ■

Information provided by Kalyn Town, HIS, Woodard Hearing Center, 2328 Rocklyn Drive, Urbandale, 515-276-6122, woodardhearing.com.

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2 DENTAL specialists your child needs to see

Being a parent can be overwhelming at times. Fortunately, pairing yourself with a professional can give you peace of mind that your child will be taken care of. In the dentistry world, there are two important ages that are the perfect time to begin a relationship with certain dental specialists. Both ages may seem young for first visits; however, years of research and millions of patients have proven it's what's best for you and your child.

Age 1 - First dental visit

A child's first dental visit should be no later than their first birthday. Finding a pediatric dentist that you trust at this age will set your child up for success for the rest of their life. A first visit will help provide you with peace of mind that your child will be cared for by a



professional and give you the tools needed to care for your child. Your pediatric dentist will determine when your child needs to be seen again and how often.

Age 7 - First orthodontic visit

The first orthodontic visit should be at age seven. Again, this age may seem a little early to pair with an orthodontist; however, this is the perfect time. Your child will probably be losing baby teeth and have adult teeth coming into their mouth. Although most children will not need actual treatment at this age, the orthodontist can determine how often your child should be seen to avoid future issues. Timing is everything when it comes to teeth. There are certain growth windows and tooth transitions where, when an orthodontist is monitoring your child regularly, treatment can be recommended at the right time. This will lead to less cost, less time in braces, and less likelihood of surgery or permanent tooth extractions.

Why does my child need to see a specialist, you might ask. Can't my dentist just refer me when I need something specific? Dental specialists, such as the pediatric dentist and orthodontist, train for an additional two to three years after dental school. As an orthodontic practice, we see patients concerned with tooth, jaw and bite issues all day, every day. This singular focus is what makes us specialists and best able to diagnose and treat patients efficiently.

Is your child older than 1 or 7? Don't sweat — the great news is the second-best time for your child to be seen is now. The pediatric dentist and orthodontist are both trained to care for your child at any age, and we won't make you feel any mom or dad guilt about it. If your child is 7 or older, schedule their first orthodontic visit today. ■

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

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MOVING and losing

We're two months into 2023. Have you given up on your resolutions or still working toward them? If your resolutions included exercising or being more organized, let's combine the two by spending the day rearranging your furniture. You'll burn calories and create a new sense of organization in your life at the same time.

There are a few things to ponder before jumping in and moving furniture around, so let's just consider this your "warm-up" session and create a plan.

Look around the room. Is every piece of furniture shoved up against the walls? This is a common mistake in furniture placement where the thought is that it creates more space. It actually does the opposite and creates a cavernous feeling; so avoid this by moving some of the furniture away from the walls. Create some breathing space.

Usually, the largest piece of furniture is the sofa, so use this piece as your guide to determine the flow of the room. It's best to place the piece where it allows for conversation and comfort. Move the smaller pieces next, creating multiple areas for conversation.

Most importantly, arrange the furniture in a way that you and your family can enjoy the space. Now get started. ■

Information provided by Wanda Williams, Design Consign, 2715 86th St., Urbandale, 515-901-9294.



KADING receives Alumnus of the Year award

Living and working in Urbandale is more than a life choice for Rick Kading. It's his passion. In fact, his decisions for the past 46 years have been made with bettering his hometown and its people in mind. You may recognize his name from the company he owns with his wife Mary, Kading Properties, which is located in Urbandale.

"Urbandale has always been and will always be my home," says Kading, an Urbandale High School graduate of 1976. "I am rooted here. It is where I got my start in quality schooling, starting a business, and starting a wonderful family."

But there's more to Kading's Urbandale roots than having an office building in town. He is also dedicated to the well-being of others, which Dan DeCarlo, Urbandale High School graduate, can prove with his life story. As a high school senior, DeCarlo decided that, instead of college, he wanted to learn trim carpentry. His school counselor contacted Kading, who put him to work in the afternoons after school.

"Rick Kading changed the trajectory of my life," DeCarlo said in a recent letter to the Urbandale Alumni Association, nominating Kading for the Urbandale High School Alumnus of the Year award. "He taught me more than construction. Rick is hugely responsible for my 38 years of business success and for my moral compass."

DeCarlo's letter was one of several nominations from Kading's colleagues, family and friends sent to the Urbandale Alumni Association in 2022. Their efforts and Kading's dedication to his community earned him the award in September.

"Having my family and friends with me when receiving such a tremendous recognition is an honor I cannot describe," Kading says. "It was nearly overwhelming."

Kading's three daughters, Karie (Kading) Ramsey, Heather (Kading) Burns, and Lindsey (Kading) Opp are not surprised by their dad's humble response to the award. They knew he would never want recognition for doing things for others that came naturally to him. They recognized, though, that the things they saw their dad do while they were growing up, and even now as they're adults, weren't ordinary but extraordinary.

"Each of us has a lifetime of stories where someone was in need, and our father quietly reached into his pocket to help," his daughters shared in their nomination letter.

He also assists the City by grading sites for free, donating trees, and buying distressed buildings and making them new again. He also makes it a point to hire Urbandale High School students and recent graduates, offering them a start in the building trades.

"Most importantly for us, he is father and a positive role model who taught us to remain true to our community roots. Our company headquarters are three blocks away from where we grew up," his daughters said. ■



Rick Kading, proud graduate of Urbandale High School, has stayed close to his roots and has helped his community and residents along the way.

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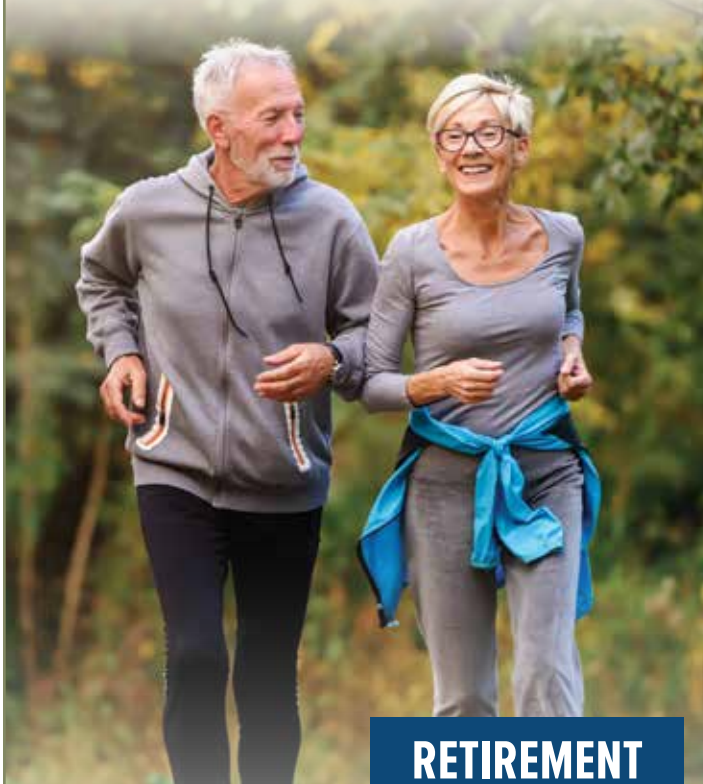
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WHERE WE LIVE

By Lindsey Giardino

LOYALTY goes far

That's what Wright appreciates most about Urbandale.

Gina Wright's decision to move to Urbandale 10 years ago was mostly made because the town is centrally located within the metro.

"I didn't have a strong reason other than that to take up residence here," she says. "Quite quickly after living here, my 'why' changed."

After she and her husband, Bobby, lived in a rental home within walking distance to Walker Johnston Park for a few years, it came time to settle down and purchase a home — a decision that wasn't easy because of the friendships they had developed with their neighbors.

"It was difficult to leave the amazing neighborhood and people we soon called friends," Wright says. "The home we purchased wasn't far away. We had a wonderful Realtor, Brenda Klenk, and she knew what we were looking for: an established neighborhood, unique character in the home and somewhere we could call home for a very long time."

The Wrights were lucky to have found a home that the previous owners took great care of. One of their main desires was a backyard with a fence, and the house provided that as well.

"We have a daughter and wanted to add a puppy to our family — and now, soon to be, a second puppy," Wright says. "The yard with a fence was key. We also like to entertain, and the deck is hidden behind the house to provide privacy. Another big win."

What Wright enjoys most about the Urbandale community is how loyal the people are. It's something her husband, who was born and raised in Urbandale, told her early on in their relationship — that Urbandale residents take care of one another.

"At the time, I didn't fully understand his message," Wright says. "As time went on, and I started getting more involved in the community, I saw it, and I understood it."

She shares she grew up in a small town and that loyalty doesn't go unnoticed by her.

"That really is the true essence of a small-town community," she says. "Well, I came to realize, Urbandale has the small-town feel. The loyal neighbors, the loyal business owners and so much more."

And through her job as vice president of the Urbandale Chamber of Commerce, Wright gets to experience this loyalty each and every day.

"I absolutely love working with the members," she says, adding, "Every day is an adventure in Urbandale." ■



Gina Wright's husband, Bobby, had told her Urbandale was a great community. When they moved to the community, she learned he was right.



Gina Wright said she wanted a home with a fenced in backyard for her daughter and a puppy.

URBANDALE Public Library news

With winter finally winding down, plans for spring are already underway. Get your yard and garden ready for a rainy spring by attending our Rainscaping event on Tuesday, March 21 at 6 p.m. with Water Resources Outreach Coordinator for Polk County Cassie Druhl. Druhl also manages the rain campaign (www.raincampaign.org), and you're invited to learn more about landscaping for stormwater by attending this program. Those who attend will learn ways to manage stormwater through practices such as native landscaping, rain harvesting, permeable pavers and more. Druhl will also highlight the various rebate programs available for installing stormwater practices in central Iowa. If you're unable to attend the program, check out our March episode of UPL Recommends where Druhl talks about ways homeowners and businesses can adopt practices to support the management of stormwater runoff.

Speaking of landscaping, we encourage you to take advantage of the UPL seed library where you can find a variety of flowers and vegetables to enjoy throughout the year. Anyone 18 and older with an Urbandale library card can check out six packets of seeds per year on a first-come, first-served basis. The seed library was able to get started thanks to donations from Prairie Moon Nursery and Nine Square Feet. Check out our print and digital collection on gardening and start planning your garden now.

Be sure to include the library in your spring break plans where we'll have fun events planned for the whole family. In addition to our regular programs like story time and music and movement, we'll offer a number of events for families and tweens/teens. Check our calendar for full details and to register. Don't forget you can also stock up on library materials or check out one of the participating area attractions with the Adventure Pass program.

The library is happy to announce that the trial period for fine-free children's items was a success in 2022. The library reviewed the results of the trial policy and discovered there was no significant change in lost or overdue materials. As a result, the library board has made fine-free children's items a permanent policy. The library continues to work to eliminate barriers for children and their families to access essential library resources. We've received lots of positive feedback from families and have taken all of the comments regarding this policy into consideration. ■

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

Citizen Fire Academy

Applications are being accepted for the Urbandale Fire Department's upcoming Citizen Fire Academy. The goal of this program is to enhance relationships between Urbandale residents and the men and women of the Urbandale Fire Department. This program is designed to give a clearer understanding of the roles and responsibilities of the fire department in the community. Through classroom and hands-on activities, participants of the program will have the unique opportunity to learn how the Urbandale Fire Department provides quality community services to its customers. Participants will have the opportunity to use Fire and EMS equipment and participate in live fire training as part of this Academy.

The seven-week program for residents ages 18 and older will meet from 6-10 p.m. on Thursday nights starting April 6. Applications and more information on the Academy can be downloaded from the City of Urbandale website at www.urbandale.org. Applications must be received by no later than Friday, March 3. Questions about the Citizen Fire Academy and completed applications should be directed to Fire Marshal Jon Rech at jrech@urbandale.org or 515-331-6733.

Weekly Storytime

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Urbandale preschool and kindergarten pre-registration

Urbandale Community School District preschool and kindergarten pre-registration for the 2023-2024 school year has begun. Visit urbandaschools.com/learn or call 515-457-5011 for more information.

Urbandale Historical Society programs

Urbandale Historical Society, 4010 70th St.

- March 12, 2-4 p.m., "Iowa Public Radio Centennial" by Myrna Johnson.
- April 16, 2-4 p.m., "Urbandale Chamber of Commerce" by Gina Wright. ■

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HOME HEALTH

By Ward Phillips

HOME-CARE 'network' can make the difference

Angela, 80, was committed to remaining in her home as she grew older. Fiercely independent, she rebuffed suggestions from her son, Paul, that she would benefit from some assistance to remain independent at home.

One day, though, she fell while getting the mail. From her hospital bed, she reluctantly agreed with Paul that it was time to find some help. Paul assumed that task would be fairly straightforward — but unfortunately, he learned it was everything but.



"Mom needed the nurse to come in to make sure she was getting better and the therapist to make sure she did her exercises," he recalls. "Then, we ended up with one person who grocery-shopped for her and someone else who delivered lunch to her every day.

"I live three hours away, so we also needed someone to help her keep her medicines straight. I was dealing with five different companies. People wouldn't show up, and Mom couldn't always keep them straight, so I didn't know who to call. I thought I was going to need to move her in with us — and that's not what she wanted."

Fortunately, a friend told Paul his father was receiving care from an organization that served older adults with multiple home-based services under one roof, from healthcare to meal delivery to help around the house. Paul wondered if his friend's description was too good to be true — but one phone call proved he was correct.

"It was like a dream: In a half hour, we had the next few weeks mapped out for Mom, and all the help was going to come from the same place," Paul says. "I hung up and started dancing around my office."

Two years later, Angela is thriving with the help of the professionals she calls her "second family." She knits blankets for their babies, asks how their kids are doing in school, and even, Paul recounts with a laugh, offers relationship advice.

"These people, they are so patient with her and just laugh when she sticks her nose in where it doesn't belong," Paul says. "But I love that she is so close to them and they care so much about her."

If you're looking for assistance for a family member who is committed to remaining in their home, you'll find many options. But if it's important to you to keep logistics as streamlined as possible, take a page from Paul's playbook and consider an organization that offers a network of services.

A network is made up of assorted services that assist people in varying stages of life and are provided by teams from a single company. Examples include healthcare plus assistance with shopping and cleaning to meal delivery to specialized services, such as end-of-life care. Advantages include ease of arranging or changing services, encouraging connections to form between client and caregivers, and remitting payments to only one organization.

So, if you're searching, do yourself and your loved one a favor and ask if the organization has a network of varied services designed to make life easier for older adults. If the answer is "yes," prepare to enjoy your newfound peace of mind. ■

Ward Phillips is vice president of market strategy and business development for WesleyLife, which offers a broad network of health- and well-being-focused communities and services, including home hospice services, for older adults. Call Ward at 515-669-2205 to learn more.

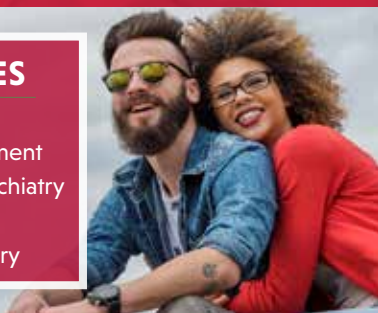
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Elizabeth Barrett Browning's famous poem "How Do I Love Thee?" begins with the line "How do I love thee? Let me count the ways." She goes on to describe a multitude of ways in which you may show love. The final line of her poem states, "I shall love thee better after death."

What better way to show love, both now and after death, than to have cared for all of your funeral/burial needs — taking away the painful burden of making decisions during a devastating time of loss?

The loss of a loved one is never easy; however, you may make it easier for your loved ones by making arrangements for your future funeral/burial needs. Remember, talking about death does not mean it is going to happen soon. I recently finalized arrangements with a family whose loved one made their pre-arrangements in the 1960s. No matter what your age, please consider this loving gift for your family.

Where do you begin? Contact the funeral home and/or cemetery of your choice. We would be happy to sit down with you and explain your many options.

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.



MEET Cassidy Bos

Encouraging her special education students to be creative



Cassidy Bos says it's a challenge scheduling as much time with students as they need.

Originally from Geneseo, Illinois, Cassidy Bos studied elementary education with endorsements in reading and special education at Central College in Pella. During that time, she found she enjoyed living in the Des Moines area and worked in Newton for three years prior to joining the Urbandale Community School District.

She teaches special education to third- through fifth-grade students at Rolling Green Elementary School. One reason she chose to work with the district is because of its mission to bring learning to life for everyone.

"What I like best about working with the district is their passion for learning and making sure everyone succeeds. The district strives to make sure all students and teachers are growing and learning to their full potential. I love that I am encouraged to grow in my practice to better myself and my students," Bos says.

As a special education teacher, a typical day for Bos involves meeting with individual students or with students in small groups to work on behavior, reading, writing and math.

Bos says she likes working with students at the elementary school level for a variety of reasons. She says it is fun watching them light up when they realize they have mastered a skill or learned something new. She also enjoys their excitement for learning and life.

"I also love that they love to have fun. I enjoy being creative and encouraging my students to do the same — and, at the elementary level, they are excited to do that," Bos says.

However, one specific challenge Bos has faced as an educator is lack of time. Because she can only work with students for a short period of their day, it can be a challenge making sure her students are getting all the instruction they need in the amount of time they have together.

"Some rewards I have had as an educator are the relationships that I have built with my students, colleagues and the families that I work with. These relationships have gotten me through some really hard times as an educator and continue to make a positive impact on my life," Bos says.

Bos says building relationships with her students and colleagues while also learning professionally is her priority, adding she is excited for the opportunity to work with everyone and learn from them at Rolling Green Elementary School.

When not teaching, she enjoys spending time with her family and friends. She also enjoys reading, playing tennis and traveling. ■

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WATER heater problems

Having hot water is a luxury that most of us are not willing to give up and that makes our water heaters an important piece of equipment in our homes. As important as they are, out of sight can lead to out of mind — until a problem arises.

Pilot lights: If the pilot goes out, it's an annoying but a fairly easy problem to solve. Newer models have an electric or hot surface ignition, but there are plenty that still have a standing pilot system. If you are unsuccessful in relighting the pilot, there is likely a more serious problem.

Smelly water: Have you ever turned on the water and it's followed by a foul rotten egg smell? This is usually due to the hot water sitting in the tank for too long. To check this, turn on the cold water. If you don't smell anything, it could be an indication that the water heater is to blame. Contact a professional to clean and disinfect it; it could have a build-up of bacteria inside. Bacteria love a warm, moist environment like your water heater, especially if you keep the temperature below 120 degrees.

Leaking water: Finding a pool of water at the base of the water heater usually equates to replacement. There are a few times that the leak is due to a loose or damaged valve, so this is worth investigating prior to purchasing a new water heater.

Discolored or rusty water: Yellow, discolored and rusty water is a sign that failure is soon to come. An anode rod is a major component of your water heater that runs down the center of the tank and helps prevent corrosion. The purpose of the rod is to wear itself down, releasing electrons into the water to help slow/prevent corrosion of the tank. This is the reason the anode rod usually fails before the water heater and then leads to the demise of the tank entirely. Checking the anode rod regularly can help prevent any surprises.

A few of these problems can be fixed on your own, but leave any complications or replacements to the professionals. Water heaters typically last anywhere from eight to 12 years, but if yours is starting to show signs of age at any point, don't wait until it completely breaks down, leaving you with cold water or a flooded basement. ■

Information provided by Kendel Richlen, owner, 72 Degrees Comfort Company, 811 S.W. Ordinance Road, Ankeny, 515-200-2728.



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FAITH By Pastor Steve Smith

'LOOKING good, losing big'

Have you ever cut open the most delectable looking peach, melon or apple only to find it black, soft and spoiled inside? The outward appearance of fruit can disguise its internal rottenness.

What's physically true of fruit can be spiritually true for people who profess faith in Christ. Jesus condemned the religious leaders of His day for the presence of outward piety and the absence of internal purity when he compared them to "white-washed tombs which on the outside appear beautiful, but inside they are full of dead men's bones and all uncleanness" (Matthew 23:27).

Jesus' conclusion calls for personal examination even today. "Even so you too outwardly appear righteous to men, but inwardly you are full of hypocrisy and lawlessness" (Matthew 23:28).

We can attend church regularly, remember Bible history, serve visibly in vital church ministry, give generously, embrace sound theology, and even recite scripture from memory — yet our appearance of righteousness can actually mask our spiritual wretchedness.

Scripture teaches that right living doesn't always mean right standing before God, but right standing (righteousness) always results in right living among men. We can be religious without being righteous, but not righteous without doing what is right.

Paul declared that some would be "holding a form of godliness although they have denied its power..." (2 Timothy 3:5). Jesus said, "Not everyone who says to Me, 'Lord, Lord,' will enter the kingdom of heaven," (Matthew 7:21) "but whoever keeps His word, in him the love of God has truly been perfected" (1 John 1:5).

Sadly, we are all unrighteous before God — unable to measure up to His perfect standard in our conduct — full of hypocrisy and lawlessness. We lie, steal, deceive, are greedy, jealous, lustful, selfish and proud. Our corrupt hearts deserve the wrath of a holy God (Ephesians 2:1-3). But we aren't without hope.

The "righteousness of God comes through faith in Jesus Christ for all those who believe" (Romans 3:22). Believing that Jesus Christ took the punishment our sins deserve when He died on the cross and that he rose from the dead is the only route to right standing with God, eternal life, and escape from final judgment (John 5:24). You can express your faith in Christ through prayer to God.

Giving God our hands in acts of outward religion without giving our hearts in humble submission means we'll be looking good but losing big. We'll suffer the same condemnation as those who give Him neither.

Giving God our heart through faith in Christ means our righteousness will be evident in our actions.

Let's make sure our appearance manifests righteousness and doesn't mask wickedness. ■



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

OUT & ABOUT



Erin Person, Staci Schnurr, Katie Stessman and Bambi Barber of Learning Post & Toys with their N.W. Polk County Residents' Choice runner-up certificate for Favorite Retail Store.



A grand opening and ribbon cutting was held for QoreCareers, 2540 106th St., Suite 101, Urbandale, on Jan. 25.



Lisa Hanrahan and Bob Andeweg at the ribbon cutting for QoreCareers on Jan. 25.



Tami and Jeff Rubino at the ribbon cutting for QoreCareers on Jan. 25.



Eileen Van Kooten Schmitt and Jay Mathes at the ribbon cutting for QoreCareers on Jan. 25.



Deb Linsley at the ribbon cutting for QoreCareers on Jan. 25.



Mark Courter and Nicole Berger at the ribbon cutting for QoreCareers on Jan. 25.



Jack Fries and Brian Packard at the ribbon cutting for QoreCareers on Jan. 25.



Jason Parkin and Eric Williams at the ribbon cutting for QoreCareers on Jan. 25.



Jane Nady, Matt Shaw and Casee Woodley at the ribbon cutting for QoreCareers on Jan. 25.



Renee Neppl and Tim Gootee at the ribbon cutting for QoreCareers on Jan. 25.

AM Exchange

AM Exchange was hosted by Per Mar Security Services on Jan. 31.



Jenni King and Laura Palmer



Jack Fries and Tom Satterstrom



Ben Buenzow and Taylor Carey



Jenny Harmeyer



Scott Easter and Jeff Holladay



Suzanne Ryan and Shelley Smith



Aaron Colyer and Eric Smith



Sam Meyer and Kyle Younker



Jay Mathes, Mason Powers and David Swartz



Joe Bach, Kyle Lang and Austin Lange

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