

URBANDALE

JANUARY 2023

Living

MAGAZINE

Digging Up ROOTS

Residents share their
family tree discoveries

Meet Katie Bunce

EDUCATION

Feta roasted salmon and tomatoes

RECIPE

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WELCOME

MY NATIVE American heritage

As a youth, my mother told my siblings and me that our great-great-grandmother was a full-blooded Cherokee Indian from the "Crow's Feet" clan. We believed her, as we didn't have any reason not to — other than the facts that her father's last name was Lane, her mother's was Leonard, and we all looked very much Irish. Even so, I was proud to have some Native American blood in me, even if it was just a fraction.



A few decades passed, and I, on occasion, would try to find information on the Crow's Feet clan of Cherokee Indians. I didn't even know the difference in the terms of tribe or clan or any other affiliation, and Mom apparently didn't either. I could find nothing, but record-keeping was not a strength of the Cherokee tribe — or my mother.

I did learn that about 200 years ago, the Cherokee Indians were one tribe, or "Indian Nation," that lived in the southeast part of what is now the United States. During the 1830s and 1840s, many Cherokees were moved west to a territory that is now the State of Oklahoma. A number remained in the southeast and gathered in North Carolina where they purchased land and continued to live. Others went into the Appalachian Mountains to escape being moved west, and many of their descendants may still live there now. Geographically, this could fit with where I was told my ancestors lived. I was fascinated by this and wanted to learn more.

More time passed, and I learned about a free website called findagrave.com. I spent countless hours researching my family history on the site, and I found nothing that tied any of my ancestors to the Cherokee Indians. And, to this day, I can find nothing on Crow's Feet.

Mom may have been a bit confused, and we all know how stories change through generations. Even with the research I have done, I am certainly no expert. It is possible that I may have some Native American blood in me, and I could do a DNA test to find out. Someday, I might. In the meantime, I am exerting more of my energy on finding and celebrating ways we are all alike rather than how we are different.

In this month's feature story, we share how local residents are "digging up their roots" and learning about their ancestry, too. I hope you enjoy their stories. If you are inspired to do some research, I hope you find the tools and advice we offer helpful, too.

Thanks for reading. ■

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Digging Up ROOTS

Residents share their
family tree discoveries

By Darren Tromblay and Jackie Wilson

At some time or another, most of us have looked into our family trees, wondering what might be discovered among its branches. We wonder what stories our ancestors might have to share. Might we find “royal blood”? Might we find a pioneer? An inventor? A famed political leader? Or perhaps that our ancestors arrived at Ellis Island, escaped to the north through the Underground Railroad, or labored on the Panama Canal? We may wonder how our forefathers and mothers experienced history and how that may have changed the course of our own lives. Many have embarked on a genealogical quest for answers, including those who shared their discoveries with Urbandale Living magazine.

Tony Cupp is the librarian at
the Iowa Genealogical Society.
Photo by Jackie Wilson



FEATURE

The things you can learn

While doing research on Ancestry.com in recent years, Urbandale resident Lacey Gulling received a message from someone who had been noted as being a relative on her family tree.

Gulling, who is originally from Alabama, was intrigued.

"I was adopted by my step-father, so it was technically a family member by marriage," she says of the call. "She was asking me about the man I had listed as my great-grandfather named Luther Seawright."

After many conversations, Gulling added a new person to the conversation who had another surprise: she was her great-grandfather's daughter — that he never knew about.

And here she was, in the conversation.

"It turned out, I believe, that he was stationed in Germany during the war, met a woman, fell in love, and had an ongoing relationship with her," Gulling says. "She had no idea he was married with a child back in the United States, but after he returned to the U.S.,

she found out she was pregnant with his child and had no way of contacting him. Her mother had since passed away, and she had very few relatives remaining."

Gulling says her newfound relative even sent her photos of her great-grandfather that had never been seen before.

"It was an interesting discovery for sure," she says.

Gulling's mother was also adopted and began digging through Ancestry.com with a cousin who had become interested in forensic genealogy. Through the service, Gulling's mother was able to identify and track down her biological father (she was 47 at the time). As it turned out, the father didn't even know about her, and they were able to connect for a short while.

"We even found out we are related (multiple great-grandfather) to the first governor of New Jersey, William Livingston, and his brother, Philip Livingston, who represented New York at the First Continental Congress."

A wealth of information

The Urbandale Public Library can serve as a great resource in one's search for the past.

Director Nicholas Janning says the library has three databases that are particularly useful for genealogists. They can be accessed from the library's database page on its website at www.urbandalelibrary.org/resources/db.

The best part? It won't cost you a thing.

"All of the resources are free with an Urbandale Public Library card," Janning says. "Individuals may get a library card for free if they have a photo ID and proof of their current address."

Additionally, Janning says, Ancestry Library Edition is available for in-library use only, either from the library's computers or through Wi-Fi.

"Users can explore census, military, immigration, vital, land and probate records, as well as court documents, photographs, passenger lists and more," he says.

The library provides digital access to the Des Moines Register as well. Users can access



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FEATURE

full-text from 1871 to the present.

“It is our newest database and is available in the library and remotely, with an Urbandale Library card,” Janning says. “Genealogists will enjoy finding obituaries which appeared in the Register.”

Another program, HeritageQuest, is available in the library and remotely, with an Urbandale Library card. Users can explore American genealogical and historical sources dating back to the 1700s, including local and family histories, interactive census maps, and the Periodical Source Index of genealogy and local history magazines.

If any or a combination of those isn’t enough to satisfy the familial historian in you, there’s even more, Janning says.

“We also have a variety of print resources in our reference collection and in our circulating collection,” he adds. “Librarians are happy to show visitors the print resources.”



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FEATURE

Iowa Genealogical Society

When folks in Iowa research their family history, one of the top recommended resources is the Iowa Genealogical Society (IGS). IGS was established in 1965 and is located at 628 E. Grand Ave., Des Moines. The group was started by a dedicated group of genealogists who met in members' homes.

Today, the IGS employs one staff librarian, is funded by memberships and operates with the help of many volunteers. Membership includes more than 3,000 people from across the United States and Canada. The library includes a vast book collection that spans the length of five football fields. IGS also has a large CD collection stored on its computer server.

The IGS hosts dozens of classes per year and sponsors several special interest groups, such as DNA, German, Norwegian Family Tree Maker users and more.

Tony Cupp, librarian at IGS, says the library has boxes of collections including periodicals, census records, city directories and personal family history books.

When folks walk into the door, Cupp is their first stop.

"Some haven't even started their research," he says. "I show them around. For example, if they're looking for their grandma's birth certificate, I'll help them find the best place to find it." The first resource is the census, which can be looked up online. The library has books about Quakers, Mennonites,

European ancestors, Mayflower descendants and more.

Since the books are one of a kind, they can't be checked out. Patrons must put their backpacks into lockers. Members can use the library free of charge and non-members pay a fee of \$10 per day. Annual membership runs \$35 a year.

Once inside the library, patrons can use online services such as Ancestry.com, FamilySearch.org and others.

One thing the library doesn't help with is adoption research.

"Information is so hard to find, as it's been sealed for a long time," he explains. "We don't have the time, and they still could be living. We do suggest finding a researcher who might do it for a fee."

Cupp says, when starting out in genealogy, the first step is to write down what you already know.

"Then figure out the gaps and what you want to know. Talk to your elders before it's too late," he suggests.

Cupp says that genealogy is like cracking a mystery.

"A lot of times you run into something that doesn't make sense. It's like solving a puzzle. I can help point them in that direction."

He says the Internet is a great place to start, but it's not all encompassing.

"People might think they'll search the Internet and find all these ancestors. It doesn't show as much as people believe that it does. The Internet is just the tip of the iceberg. Most research is done in libraries, churches, courthouses and talking to people in person." ■

Genealogy Research Sources

National Archives: Resources for Genealogists

www.archives.gov/research/genealogy

Beside having an extensive collection of records, the National Archives also offers information and tips on genealogical research. Links to various databases are also available, as are tools for educators.

Find a Grave

www.findagrave.com

Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one's memorial. Search or browse cemeteries and grave records for everyday and famous people from around the world.

Ancestry

www.ancestry.com

ancestry.com offers tools for genealogy research, DNA analysis, historical records and the world's largest collection of online family history records. Family trees can be shared, making it possible to find a wealth of information that others have gathered.

23andMe

www.23andme.com

The focus of 23andMe, is "real science, real data and genetic insights that can help make it easier for you to take action on your health." It offers reports on traits, health predisposition and more as well as tools to build a family tree and find relatives.

Iowa Genealogical Society

www.iowagenealogy.org

Free resources

www.cyndislist.com ■



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ACCOMPLISH health goals with better-for-you family meals

(Family Features) Setting out on a mission to eat healthier starts with creating goals and working to achieve them with those you love. To help make nutritious eating more manageable, call together your family and work with one another to create a menu everyone can enjoy while staying on track.

Connecting an array of recipes that all can agree on starts with versatile ingredients like dairy. Gathering at the table with your loved ones while enjoying delicious, nutritious recipes featuring yogurt, cheese and milk can nourish both body and soul.

For example, the key dairy ingredients in this recipe from Milk Means More provide essential nutrients for a healthy diet. The cheese varieties in feta roasted salmon and tomatoes provide vitamin B-12 for healthy brain and nerve cell development and are a good source of calcium and protein, which are important for building and maintaining healthy bones.

To find more nutritious meal ideas to fuel your family's health goals, visit MilkMeansMore.org. ■

Feta roasted salmon and tomatoes

Recipe courtesy of Marcia Stanley, MS, RDN, culinary dietitian, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 15 minutes

Servings: 4

- Nonstick cooking spray
- 3 cups halved cherry tomatoes
- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 1/2 teaspoon dried oregano or dried dill weed
- 1/4 teaspoon salt
- 1/2 teaspoon coarsely ground black pepper, divided
- 1 1/2 pounds salmon or halibut fillets, cut into four serving-size pieces
- 1 cup (4 ounces) crumbled feta cheese

DIRECTIONS

- Preheat oven to 425 F. Line 18-by-13-by-1-inch baking pan with foil. Lightly spray foil with nonstick cooking spray. Set aside.



- In medium bowl, toss tomatoes, olive oil, garlic, oregano or dill weed, salt and 1/4 teaspoon pepper.
- Place fish pieces, skin side down, on one side of prepared pan. Sprinkle with remaining pepper. Lightly press feta cheese on top of fish. Pour tomato mixture on other side of prepared pan. Bake, uncovered, 12-15 minutes, or until fish flakes easily with fork.
- Place salmon on serving plates. Spoon tomato mixture over top.

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Andrei Murphy
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HOME HEALTH

By Ward Phillips

HOSPICE services help ensure quality of life

When his wife's doctor suggested it was time for her to receive hospice services, Paul C. of West Des Moines found himself feeling angry.

"I thought it meant she was at death's door," he recalls. "But her doctor encouraged me to do my homework, and, after learning more, I became more open to the concept of home hospice care. My wife was discharged from the hospital and came home, and the nurses came a couple times a week."



The decision ended up being the best one for the family, Paul says. "She was more comfortable and more relaxed, and her pain was controlled. She had some really good days — active ones, even — and we were able to make some memories that are very comforting to me now."

If you're considering hospice services for a family member, it may seem counterintuitive to think about "living" in conjunction with services offered at the end of a person's life. But even during hospice care, a person is living — and it's important to understand that hospice services can actually help ensure quality of life.

Options for hospice services are nearly as varied as the individuals who seek them. They range from home care to services in a freestanding hospice center to in-between, hybrid models, and the type of care you and your loved one select is truly an individual choice.

But no matter the type of services you're considering, you should always ask any provider on your list: "How can you help me or my loved one continue to live through this stage of life?"

Ideally, hospice services should be initiated when a person is still healthy. Virtually anyone with a life-limiting illness can qualify for hospice services, enabling an individual to live life in comfort for the days, weeks, months or longer that remain in his or her life. And the earlier hospice services are started, the more they can benefit the person who is ill as well as the whole family.

"We didn't know, for example, that once my wife went on hospice, we would get a hospital bed brought to the house and that she would receive music therapy and pet therapy and all kinds of things she really enjoyed and that really relaxed her," Paul says. "Before that, we were having a hard time managing the pain from her cancer, and she was really agitated. The pain control was a really big deal."

So, as we all wind down from the holidays, give some thought to what the coming months look like for you and your family. If you decide it might be time for some help, know that making that first call to a hospice provider can be difficult — but once you've taken that first step, having care in place can make your loved one's last weeks and months more relaxed and meaningful for all. ■

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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Probate is the court-supervised administration of an estate. If you have a will, upon your death, your executor will present it to the court. It is a common misconception that merely possessing the will vests someone with the authority to act. In order for a will to be effective, it must be admitted to probate. If you die without a will, the court still has control over the assets of your estate.



Probate is necessary where there are assets which cannot be transferred. For example, real estate titled in the decedent's name cannot be sold without passing through probate. Investments with no beneficiary designation generally require probate to transfer them to heirs.

Banks and financial institutions may require Letters of Appointment or Letters Testamentary. This is an official document, issued by the clerk of court empowering the executor to act on behalf of the estate.

Court supervision of probate ensures that your executor or the court-appointed administrator handles your estate legally and according to your wishes. To ensure that the will or the rules of inheritance are followed, the personal representative must report the assets, debts and disbursements of the estate to the court. The personal representative also files tax returns on behalf of the decedent and the estate.

Iowa law requires that notice of probate be published. The notice must be published for two consecutive weeks. Then, the estate must remain open for four months before it can be closed. During this time, the personal representative will sell real estate, liquidate assets, pay creditors and make disbursements to

beneficiaries. Other factors may require a longer probate period, but generally, the probate of an estate lasts around six months.

Attorney's fees and court costs cannot be paid until the estate closes. In Iowa, attorney's fees are statutorily-controlled and are capped. The personal representative is also entitled to fees. By comparison, other methods of asset disposal (like a revocable trust) have no fee caps.

Probating an estate is fairly straightforward. Court-supervised administration of an estate is neither lengthy nor overly expensive and has the benefit of ensuring that all the assets of the estate have been disposed of properly and legally. If you have questions, make sure that you contact an attorney who specializes in probate and estate administration. ■

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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HEALTH

By Monica Meier

TAKING care after the holidays

Now that the hustle and bustle of the holidays is over, January often hits people hard as we return to our normal routines. Some people have spent more time with their families since Thanksgiving than they do all year round and miss them. Others have spent equal amounts of time with their families and got caught up in the traditional arguments that happen year after year that make them start to wonder why they are still a part of these holiday traditions. It's also Iowa, and the inclement weather can keep people inside their homes more than they care to be. This can be hard on one's emotional/mental health if a person is used to getting out and being more social. Lastly, the bills start coming in. Gas money for trips, credit cards for gifts, and a stretched everyday budget can create buyer's remorse while creating memories. All these things combined can leave the average person feeling exhausted mentally/physically, so taking time to enjoy life is vital — taking a moment and sitting back with a cup of hot cocoa, watching it peacefully snow, playing a board game with the kids before they return to school, etc. Finding moments to enjoy life ensures that we are filling our own cups before we go back out into the world to fill others'. ■



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

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HEALTH

By Dr. Josiah Fitzsimmons, DC, BCN

DRUGS are not the answer to neuropathy

Neuropathy can be a challenging condition. It isn't a disease. Rather, it is the result of a disease, illness or injury. Getting to a diagnosis of neuropathy can also be a challenge and often results in a prescription for pain medication.

People who suffer with neuropathy may not even know they have neuropathy. They may go to their primary physician and tell them about their symptoms, which may include tingling or numbness in their legs, hands or feet. Perhaps they are having balance problems or the pain in their feet is so bad that even walking is a challenge. The typical diagnostic exams and tests are not necessarily conclusive enough to determine a patient has neuropathy. The physician may just scratch their head and send the patient home with a prescription for something to ease the pain. These drugs, while not considered opioids, can become problematic if misused, and some patients can become physically dependent on them if not taken as prescribed. A true neuropathy diagnosis requires several neurological tests to determine if nerves are damaged and, if so, to what extent. If you suffer from neuropathy, don't just take a pill to relieve the symptoms. Seek out a healthcare professional who is board certified in neuropathy to diagnose and treat neuropathy. Today's state-of-the-art treatments are safe, non-invasive, painless and FDA-cleared. Don't wait to seek treatment, because nerve damage continues to worsen without it. ■



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

NEWS BRIEFS

CITY of Urbandale announces staffing changes

The City of Urbandale announced the promotion of Aaron DeJong to director of Economic Development. DeJong has served as the assistant director of Economic Development for the past three years and brings a wealth of knowledge and experience to this role. He assumed his new role on Jan. 1.

DeJong has been instrumental in implementing several successful economic development initiatives in Urbandale. He has helped solidify the Urban Loop development area's momentum through innovative marketing initiatives, facilitated numerous development agreements for new and expanding business investments, and recently helped create the new Downtown Urbandale Assistance Policy to encourage business investments along Douglas Avenue.

As DeJong stepped into his new role, Curtis Brown transitioned from the dual role of director of Economic Development and assistant city manager — a position he has held since 2018 — to full-time work within the City Manager's Office. As Urbandale prepares for future growth, this move increases the office's capacity to take on initiatives aimed at driving progress and improving quality of life in the community. Brown assumed the title of assistant city manager Jan. 1.

"We are thrilled to have Aaron step into this leadership role and continue the important work of economic development in our city," said A.J. Johnson, Urbandale city manager. "At the same time, the work of the City Manager's Office continues to grow and Curtis' full-time involvement with this office will be very valuable."

Before moving to Urbandale in 2019, DeJong was the director of Economic Development for the City of Louisville, Colorado, and has also worked in the Economic Development Department of Dubuque. He has a bachelor's degree from the University of Northern Iowa and a master's degree from the University of Iowa. He is a member of Professional Developers of Iowa, Iowa Commercial Real Estate Association, and serves on the State of Iowa Health Facilities Council. DeJong's salary will be \$123,892.

"I am honored to be given the opportunity to increase my role in shaping economic development for the City of Urbandale," said DeJong. "I look forward to continuing to work with our business community and helping to encourage economic growth in our city." ■



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MOTHER-DAUGHTER duo writes books

Dr. Caroline Crocker, left, a 1976 DMACC graduate, and her mother, Meta Evenbly, right, a 1988 DMACC alum, introduce the book they wrote together, "Brave Face:



Photo by Lisa Schmitz for DMACC

The Inspiring WWII Memoir of a Dutch/German Child," on Dec. 3 during a special book party event at the Urbandale Public Library. Crocker, 64, and Evenbly, who will soon celebrate her 88th birthday, are both former residents of Urbandale and were recently back in Iowa to promote their book, which was officially released by Amsterdam Publishers on Nov. 1, 2022. The book details Meta's wartime childhood in the Netherlands and invites readers to consider the impact that deprivation, intolerance and violence have on children everywhere. Crocker and Evenbly both studied Liberal Arts while attending DMACC. ■

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BREAKING down retirement barriers

What's keeping you from retirement? Are you wondering if you have enough money saved? Are you concerned about the cost of health care? Or perhaps inflation, stock market volatility and borrowing costs make you wonder if this is the right time. Coupling these concerns with the lack of a customized, written retirement plan can make these retirement barriers unbreakable.



If you are ready to retire but unsure if you can, you can break down barriers by seeking answers to your questions. Retirement does not have to be a guessing game. A retirement planner can help you decide if you have enough saved for retirement, how you'll pay for health care, build a recession-resistant plan and more.

We do this by helping families and individuals develop a plan that breaks down the barriers, answers their questions and addresses their uncertainties. The plan addresses the six components of retirement: lifestyle, income, investment, tax, health care and legacy.

We start with a conversation about how you want to spend your time in retirement. Do you want to travel, spend the winter in Florida, or be near grandkids? Once you know how you want to spend your time, we can work on developing a plan to fund your retirement vision.

Then we can take inventory of retirement income sources — don't forget about Social Security and pensions — to create a retirement income plan. It's not just the sum of these sources that can help answer your questions; it's developing a plan to spend them and do it in a way that lowers your tax bill.

The cost of health care can feel like a big barrier to retirement, but it can't be ignored. The process includes helping you elect Medicare, make sense of the supplement choices, and develop a plan to pay for long-term care if you need it. Then there is your legacy. If your will, trust or beneficiary designations are not up to date, this can be a barrier to leaving your wealth to loved ones or charities.

When we write this all out for people, we can show them how and why they have enough money to retire, taking the uncertainty out of the next 20 or 30 years of their life. Sometimes they learn that they need to make some changes before they can retire; it's hard to hear, but better to know now than 10 years into retirement.

This could be the year to crush those retirement barriers and start 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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HOCKEY and more hockey

Krier skates year-round in one way or another.



Jackson Krier has been playing hockey since he was 7.

Jackson Krier's hockey career began where many do: on the street with his friends playing roller hockey.

The 17-year-old Urbandale resident was introduced to hockey by a neighborhood friend when he was 7 years old. He and a group of others would eventually make their way out into the streets on random days and play pick-up hockey games. That was just the beginning. From there, it was organized roller hockey.

He hasn't let up since.

"I convinced my parents to let me try roller hockey, and from then on I've played roller hockey in the spring and summer and ice hockey every fall and winter," he says.

Krier is now into his third year with the Des Moines Oak Leafs, an area hockey club established in 1998 as a member of the Iowa High School Hockey League. The team competes as a member of the 13-team Midwest High School Hockey League (MHSHL).

Krier says the sport has so much to offer, even to the uninitiated who think hockey is just about big hits and brawls.

"I love the adrenaline; it's such a high-speed sport with so much action, so it never gets boring," Krier says. "For most people in Iowa, hockey is a new sport to them. People get excited about the big hits and constant action. I usually just tell them that, as long as it's legal, we can hit as hard as we want, and they hop on board for the sport."

Winning helps, too. His Leafs brought home the Turkey Cup trophy, the league's equivalent of the Stanley Cup of the National Hockey League. Not only did the team win, 8-3, but Krier says it was the most fun he's had on skates.

"There were the most people in attendance of all of the Turkey Cups I've played in," he says. "What makes it so memorable is beating our cross-town rival at our home rink."

Krier says that a career on the ice isn't something he will likely pursue. College is first and foremost on his mind at the moment.

"I'd love the opportunity to continue playing, but likely not as a career," he says. "I'm interested in studying engineering or computer science in college and am exploring schools now. I recently traveled to Phoenix, Arizona, to tour Arizona State University. I was fortunate to have the opportunity to practice with their roller hockey team, which was a lot of fun. If I end up at ASU and have the opportunity to play, it'd be pretty cool." ■

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Sunday, January 29 | 10AM-Noon

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FAITH

By Pastor Steve Smith

RESOLUTIONS without regret

A friend once boasted about how much weight he had lost by eliminating one major component from his diet. Within a few short weeks, he regretted his decision, as it was unrealistic for the long haul.

As we begin 2023, I'd like to suggest three realistic resolutions without regret for those living in a challenging world.

First of all, a commitment to know God's truth is critical amidst the current prevalence of deception, falsehood and moral relativism, where each person determines their own right and wrong.

Only God's objective truth embodied in the person of Jesus can bring us into right standing with the Father. "Your iniquities (violations of God's perfect standards of thought, word and deed) have made a separation between you and your God" (Isaiah 59:2). Jesus said, "I am the way, the truth, and the life, no one comes to the Father but through me" (John 14:6). The way to the Father is through faith in the Son's sacrifice as the payment needed to end our separation from Him (Romans 5:1).

God's truth expressed in Scripture enables right living. "All Scripture is God-breathed and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work" (2 Timothy 3:16-17).

Apart from God's truth, we aren't really alive, and we really don't know how to live. To know the truth we must read God's Word, study it for ourselves, and go to a church where God's Word is consistently taught.

Secondly, a consistency in showing God's truth confirms our knowledge of it and compels others to embrace it. Obedience is the evidence of our allegiance to Christ (John 14:21) and manifests itself in love for other believers and our neighbors (John 13:35; Mat. 22:39). In a world marked by hatred and sorrow and conflict, the love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22) expressed by God's children attracts the world. Daily obedience requires daily reliance upon God's power working in us (Ephesians 3:20).

Finally, a constancy in sharing God's truth naturally flows from those who have been transformed by its power. We long to see others enter into right standing with God and enjoy right living with men. Paul told Timothy, "Preach the word (God's Word); be ready in season and out of season..." (2 Timothy 4:2). Not all of us are preachers, but every child of God is to bear witness to the God's truth which transforms (Luke 24:48).

More than ever, our world needs people who know, show and share God's truth. ■



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

SISTERS on ice

Violet and Faline Senne have their ice skating sights set on BIG.

Urbandale's Violet and Faline Senne have spent a large chunk of their still-young lives on ice rather than land.

The youngsters' mother, Faye Senne, says she's known for many years this was how things would be with her delightful daughters, age 12 and 10, respectively. Especially after that fateful day at the Brenton Skating Plaza in downtown Des Moines.

Violet, then just 2 years of age, went to Brenton Skating Plaza dressed in a "Disney Frozen" princess dress. It was that determination and innate showmanship that caused Faye to take pause. She knew. Ice skating was the future. And, sure enough, it was.

"She took off running on her toe picks across the ice," Faye recalls. "She had absolutely no fear and said, 'The cold didn't bother me anyway.'"

The sisters, now 12 and 10, have been skating for more than seven years each and enjoy it more than ever.

Both girls got their first-ever lessons at Learn to Skate classes at the Iowa Figure Skate Academy owned by Elena Tobiash and Igor Velikanov, former internationally-known skaters. It was there they fell in love with the sport. After a few months, Violet began private lessons with Tobiash.

"Elena and Igor have taught my girls very strong figure skating technique in their jumps, spins, other skating elements, etc.," Faye says. "They are very good to work with on choosing music and programs and allow my girls to be part of the creative process, which we love. They have become dear friends and part of our extended family."

Faline has been taking private lessons, too. The sisters have been skating in club ice shows and competing around the Midwest in recent years. Both have skated several times during intermission at Des Moines Buccaneers hockey games and are skating with other Iowa Figure Skating Academy skaters at an Iowa Wild game in January.

"They both love skating in front of crowds," Faye says.

Faye says she's a very involved "skate mom," spending countless hours on the ice with her daughters.

"I like to be right there watching, taking videos, skating with them," she says.

Both of the girls share a dream of one day performing in the Olympics, their mother says.

"They both imagine representing the United States at the Olympics and winning gold medals in figure skating," Faye says. "Violet also has Broadway and Hollywood dreams, and Faline has dreams of becoming a veterinarian. They also talk about and dream of skating in Disney on Ice, which we go see every time it comes here."

The two have embraced figure skating as both a sport and an art form, their mother says.

"They like to express themselves through figure skating," she adds. "Both girls love the uniqueness of figure skating. They like doing something different." ■



Urbandale's Violet and Faline Senne enjoy the ice skating limelight. They have competed and performed often.

SOFA shopping tips

January through February is one of the best times to buy furniture. This is the period when stores have clearance sales on the current inventory and are making room for spring and summer furniture releases. So, now is the time to buy that new sofa or couch that you've been dreaming of.

• **Measure twice.** Because you'll find amazing deals right now, you'll have to purchase that sofa as soon as you find it. Otherwise, someone else is going to buy it. Measure the space/room so you're prepared and don't miss out.

• **Add a splash of color.** The Pantone Color Institute names Viva Magenta as the official color for 2023. Even if this color isn't for you, don't be afraid to choose a sofa with a bold color to add sophistication and beauty.

• **Pick a style.** Most sofas and couches fall into three categories: traditional, modern and transitional. But, you can get more specific by choosing mid-century, rustic, coastal, glam. Whew, the choices can be overwhelming. Know which style appeals to you most to help narrow your choices.

Now that you're prepared to shop, go out there and get a great deal before someone else beats you to it. ■

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



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EVENTS IN THE AREA

Check for cancellations

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

Urbandale preschool and kindergarten pre-registration

Urbandale Community School District preschool and kindergarten pre-registration for the 2023–2024 school year begins online Jan. 24. Visit urbandaleschools.com/learn or call 515-457-5011 for more information.

Museum open

Urbandale Historical Society, 4010 70th St.

The Olmsted-Urban House will be open for viewing the first Sunday of each month 2-4 p.m. for viewing beginning Feb. 5. Members of the society will be there for guiding tours and showing the collection of things that might have been in Grandma's house.

Des Moines Buccaneers

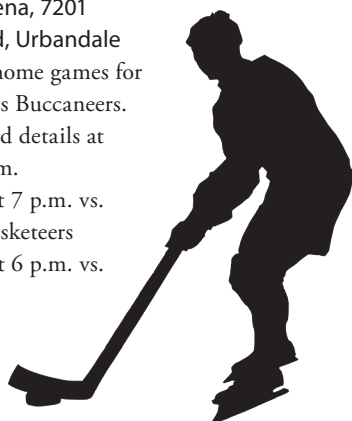
Buccaneer Arena, 7201

Hickman Road, Urbandale

This month's home games for the Des Moines Buccaneers.

Find tickets and details at bucshockey.com.

- Jan. 27 at 7 p.m. vs. Sioux City Musketeers
- Jan. 28 at 6 p.m. vs. Lincoln Stars



Iowa Wild

Wells Fargo Arena, 233 Center St., Des Moines

This month's home games for Iowa's AHL team. More information at iowawild.com.

- Jan. 20 at 7 p.m. vs. Milwaukee Admirals
- Jan. 21 at noon vs. Milwaukee Admirals
- Jan. 24 at 7 p.m. vs. Rockford IceHogs
- Jan. 26 at 7 p.m. vs. Coachella Valley Firebirds
- Jan. 28 at 6 p.m. vs. Coachella Valley Firebirds

Urbandale Historical Society programs

Urbandale Historical Society, 4010 70th St.

- Feb. 12, 2-4 p.m., "Urbandale Fire Department through the years," by Jerry Holt.
- 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.



Fire & Ice

Saturday, Jan. 21 from 1-4 p.m.
Historic Valley Junction, West Des Moines

Warm up this winter during CITYVIEW's legendary hockey-themed pub crawl. Receive 10 drink tickets to sample some of the best winter cocktails from establishments in the Valley Junction area, including The Hall, Foundry Distilling Co., The Tavern, Fox Brewing Co., G Mig's 5th Street Pub, Champion's Hideaway and more. Tickets \$20 in advance at fire-and-ice.dmcityview.com or \$30 at the door.



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 7-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.

'An Evening With Dionne Warwick'

Saturday, Jan. 21 at 8 p.m.

Hoyt Sherman Place, 1501 Woodland Ave., Des Moines

Spend your Saturday evening with the legendary Dionne Warwick, six-time Grammy award-winner known for hits such as "Don't Make Me Over," "Walk on By" and "Say a Little Prayer." Jan. 21 also marks the 100th anniversary celebration of Hoyt Sherman Place. Reserved seating is \$75, \$99, \$125, \$140 or \$250. Highest-tiered tickets include champagne and chocolate service. Learn more at hoyshtsherman.org.

\$43 Million Urbandale Community Recreation Complex

BOND VOTE MARCH 7, 2023



Urbandale City Council Approves Ballot Language for Bond Referendum for Proposed Community Recreation Complex; Residents to Vote on \$43 Million Complex in March

The U-Plex, which would be located at the southeast corner of Meredith Drive and 152nd in Walnut Creek Regional Park, has been identified as a priority in the city's master planning for more than 16 years. In December 2022, the City Council approved the conceptual design plans and cost projections for the project.

The bond referendum, which will be held on Tuesday, March 7, 2023, will ask residents to vote on whether the City should design, construct, and outfit the U-Plex and associated amenities.

The U-Plex will feature a wide range of amenities, including pickleball courts, an indoor walking track, basketball courts, rentable space, an outdoor regional playground and sprayground, and an indoor playground. The preliminary design was created with community feedback to meet the growing recreational needs of the community.

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."

To view conceptual renderings and for more information about the U-Plex and the bond referendum, visit the City of Urbandale's website at www.Urbandale.org/uplex.



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LIBRARY

By Staci Stanton
Programming & Outreach Manager

URBANDALE Public Library news



The start of the new year signals the beginning of tax season, and AARP Tax-Aide will once again offer its free tax preparation services beginning Feb. 1. Appointments can be made between the hours of 9 a.m. and 3 p.m., Monday through Thursday, until April 6. AARP Tax-Aide offers this service free of charge, with a focus on taxpayers age 50 and older with low to moderate income. Please check our website for more information.



Winter months are also an opportune time for catching up on projects, and the library has several resources for many tasks on your list, from our collection and databases to equipment in our DIY Studio. Use one of our scanners to preserve important materials, such as photos and legal documents, or convert precious memories on VHS to DVD. Add finishing touches to projects with our Adobe Photoshop program and Cricut machine or experiment with our GoPro Hero and Canon PowerShot cameras. The DIY Studio can be reserved up to four hours each day, 30 days in advance. To see a complete list of what the library has to offer, visit our website. The DIY Studio can be found under the "Spaces" tab, and explore databases and more under "Resources."

Another way to utilize time spent indoors is to take part in our Puzzle Competition running through the month of February. Teams of two to four can check out the puzzle at the front desk to complete at the library at your own convenience. The two teams with the fastest times will win a gift card to a local business. To play, simply register on our website and reserve a time during open library hours to complete the puzzle. Please keep in mind that the puzzle may take between two and four hours to complete, depending on number and level of experience of players. This competition is intended for adults but families with members younger than 18 are also encouraged to participate. ■

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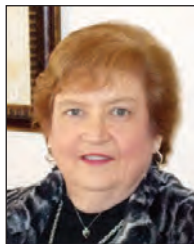
Will your family be able to make such comments when faced with making your final arrangements?

Do you want a casket burial or cremation? Public viewing and funeral service, a private graveside service, or no service at all? Military honors? Pastor/priest to officiate or an informal sharing of memories?

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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.



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MEET Katie Bunce

Helping students and teachers as an instructional coach



Katie Bunce has been with the Urbandale Community School District since 2004 and says she has found the district to be a great fit.

After graduating from high school, Katie Bunce attended Simpson College in Indianola. She then began her teaching career in Osceola at Clarke Community High School. Today, Bunce works as an instructional coach at the Urbandale High School. She was hired by the Urbandale Community School District in 2004 and says she has found the district to be a great fit.

"I really enjoy the students I work with and getting to know their families. Over the years, some of those former students are now colleagues, and that is really neat. I find Urbandale's size to be just about perfect — large enough to offer opportunities in many extracurricular activities and small enough to allow for students and staff to truly get to know one another," she says.

As an instructional coach, each day looks different for Bunce. She no longer has her own classroom and instead works with others to improve building processes that impact student learning. Bunce also holds conversations with teachers about their classrooms and students. Together they work to solve problems, reflect on past instruction, and plan for future instruction.

"One of the biggest rewards is witnessing a student have success after struggling to understand a new concept or skill," Bunce says.

In addition, Bunce spends some time each week learning about current educational research and best practices. She designs and leads professional learning opportunities for teachers. During these sessions, she tries to model instructional strategies that research shows benefit student learning. Bunce also spends time observing classrooms and sometimes gets the opportunity to co-teach in a classroom.

"High school students have a more honest view of the world. They see the potential for great success. They give me hope and remind me to enjoy the small moments that lead to big change," she says.

In her free time, Bunce enjoys hiking and traveling. Throughout the remainder of the school year, she is looking forward to observing teachers in action and guiding conversations that help them discover their impact on student learning. ■

THE YEAR for savings

Looking for new ways to save this new year? Saving money is usually on most people's resolution list, but sometimes this is a tough goal to achieve. Start simple and make some changes at home by looking at how your HVAC system is affecting your energy bills.

Your HVAC system is the highest energy consumption appliance in your entire home, and because your energy bill is a huge portion of your monthly bills, it's important to know how to save as much as possible.

Know the efficiency of your equipment — air conditioner, furnace, heat pump, etc. The higher the efficiency, the less energy is needed to run the equipment. Older HVAC systems have poor efficiency ratings which is why you should compare that to a newer, more efficient system. New systems can have an AFUE of 95%. The long-term savings can be shocking.

What is out of sight is out of mind, but don't assume that your HVAC system is running at peak performance. As it ages, it naturally becomes less efficient. Ensure that your HVAC system is performing as it should, otherwise, this, too, can affect the amount of energy that is needed and increase your bills. Poor performing equipment can result in continuous on and off cycling and a system that is struggling to maintain your home's temperature. Regular annual maintenance is a must on your car just as much as it is for your HVAC system. Routine maintenance helps ensure that your equipment is running at peak performance and can possibly save you from costly repairs and breakdowns in the future.

Another place to check is your ductwork, doors and windows. All are notorious for leaks and can make it impossible to maintain that desired comfortable temperature in your home. Simple DIY strategies such as caulking and weather strips can fix some leaks, while others require a professional. You can go a step further and have an energy audit performed. The specialized equipment that is used in these tests will be able to pinpoint the leaks in your home.

Gradual increases on your energy bill are to be expected, but big increases are not and are an indication that something is wrong. Go into this new year with savings in mind. Just by implementing one of these energy savings tips on your New Year's resolution list will promote monthly savings. ■

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



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A TREASURE-TROVE of experiences

Zemansky awarded Wright Brothers Master Pilot Award



Gil Zemansky received the Wright Brothers Master Pilot Award in October 2022.

Gil Zemansky's life has had no shortage of adventure.

The Urbandale resident, who recently received the Wright Brothers Master Pilot Award from the Federal Aviation Administration (FAA) in October 2022, is a walking — and flying — treasure trove of life experiences, from working on nuclear submarines to landing on mountain tops in the deadly -100 degree winter temperatures of the Alaskan wilderness.

Zemansky has logged thousands of hours in the captain's seat of airplanes, racking up an impressive list of accomplishments along the way. For his efforts, he was given this special award only allotted to pilots having 50 or more years of safe piloting experience verified by their record in FAA files and recommendations from three other pilots who are knowledgeable about a pilot's experience and qualifications. The award itself cites "50 years of exemplary aviation flight experience, distinguished professionalism, and steadfast commitment to aviation safety."

His passion for flying blossomed at the tender age of 3 when his father gave him a short flight in a J-3 Cub plane out of the Palo

Alto Airport in the San Francisco Bay area of California. His father was an aeronautical engineer who worked on the design and production of the B-25 and the P-51 for North American Aviation and flew in the South Pacific for the U.S. Navy in World War II.

"It became my earliest memory, and thereafter I always wanted to fly," Zemansky says. "Pictures of the B-25 and P-51 hung on the walls of my bedroom most of my childhood, and I took every opportunity to fly when it came."

A large part of Zemansky's piloting experience over the years was accumulated flying in remote Alaskan wilderness areas, which had its own unique challenges.

"It was some of the most challenging flying I've ever done, and I got pretty good at flying on wheels (landing on river gravel bars, tundra plains and on mountaintops), floats and skis in all kinds of weather," he says.

Zemansky's load would sometimes include U.S. Fish and Wildlife Service environmental research tools for tracking radio-collared bears and other animals. On other occasions, he might transport river floaters, hikers and hunters into remote areas of the Brooks Range.

One winter, he flew the local high school volleyball team all over the North Slope Borough, a county larger than 39 of the 50 U.S. states.

Zemansky graduated from the United States Naval Academy in June 1965 and underwent nuclear power and submarine training. His experience on nuclear submarines included training cruises on attack submarines. After submarine training, Zemansky was stationed on the USS Thomas Jefferson, a fleet ballistic missile submarine carrying 16 Polaris Intercontinental Ballistic Missiles (ICBMs).

"I was a line officer, so my duties including operational responsibilities of the ship as a whole; however, as a nuclear-trained officer, I was primarily involved with operation of the ship's nuclear reactor," he says.

Zemansky transferred to the Marine Corps in mid-1968 and onto amphibious ships conducting operations in South Vietnamese waters. He was in the same squadron as the USS Scorpion, a nuclear attack submarine that was sunk in May 1968. Some theorize it may have been sunk by Soviet Union submarines.

"I was waiting on the pier for it when it failed to show up," he says. ■

OUT & ABOUT



The Urbandale Chamber of Commerce held a ribbon cutting for Kitchen Refresh at 2805 100th St. on Dec. 5.



Chris Friest and Jason Liechti at the Chamber's ribbon cutting for Kitchen Refresh on Dec. 5.



Nick Washburn, Chris Gesink and Nate Loren at the Chamber's ribbon cutting for Kitchen Refresh on Dec. 5.



Roger Wever and Judi Wever at the Chamber's ribbon cutting for Kitchen Refresh on Dec. 5.



Jay Mathes and Jackie Haley at the Chamber's ribbon cutting for Kitchen Refresh on Dec. 5.



Norm and Janet Trentmann at the Chamber's ribbon cutting for Kitchen Refresh on Dec. 5.



The staff at Medicap Pharmacy Urbandale posed with their N.W. Polk County Residents' Choice runner-up certificate for favorite Pharmacy.



Michael Annarelli and David Russell at the Chamber's AM Exchange hosted by Ruby Tuesday on Dec. 27.



The Urbandale Chamber of Commerce held a ribbon for Fabrics Fun at 7660 Hickman Road on Dec. 20.



David Russell and Dick Christian at the Urbandale Chamber's ribbon cutting for McDonald Family Dentistry on Dec. 16.



The Urbandale Chamber of Commerce celebrated a ribbon cutting for McDonald Family Dentistry and their newly remodeled space on Dec. 16.



Ashley Bruhn and Kate Cunningham at the Urbandale Chamber's ribbon cutting for McDonald Family Dentistry on Dec. 16.



Sidney Jacobson and Jason Parkin at the Urbandale Chamber's ribbon cutting for McDonald Family Dentistry on Dec. 16.



Casee Woodley and Kris Howard at the Urbandale Chamber's ribbon cutting for McDonald Family Dentistry on Dec. 16.



Jolene Goodman and Matt Shaw at the Urbandale Chamber's ribbon cutting for McDonald Family Dentistry on Dec. 16.



Ann McDonald and Lisa Abrahamson at the Urbandale Chamber's ribbon cutting for McDonald Family Dentistry on Dec. 16.



Nicole Berger and Matt Shaw at the Chamber's AM Exchange hosted by Ruby Tuesday on Dec. 27.




Tiffany Menke, Tara Knight-Ortiz and Sidney Jacobson at the Chamber's AM Exchange hosted by Ruby Tuesday on Dec. 27.



Jay Mathes and Zach Bouglog at the Chamber's AM Exchange hosted by Ruby Tuesday on Dec. 27.



Tate Felton and Tim Gootee at the Chamber's AM Exchange hosted by Ruby Tuesday on Dec. 27.



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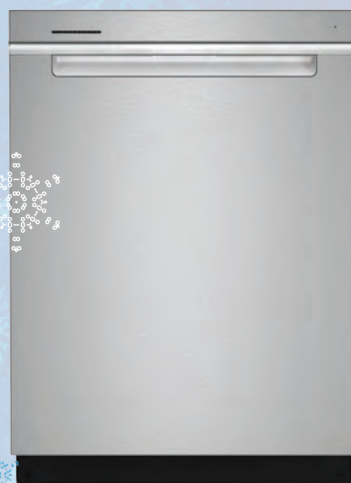
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