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Windsor Heights Living

march 2013

50324

magazine

S.O.S.

'SAVE OUR SEWERS' PLAN HELPS TO
UPDATE LINES IN WINDSOR HEIGHTS

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Lessons in procrastination

A car battery is one of those things you take for granted until, of course, it doesn't work. You know you should replace it, seeing as how you had to jump your car three times in the past week. But you think if you can just make it to Saturday, you will get it replaced then. Saturday comes and goes, and you completely forgot. Monday arrives, and the car won't start, despite all the jumper cable magic you applied. Lesson learned.



Your tooth starts aching, and it's an obvious sign that you should get to the dentist. But the pain comes and goes, and most days you can live with it. After months of making excuses, the pain gets to the point where you make a call to the dentist's office. After a visit, you learn that you need a root canal because you waited too long. Ouch. Another lesson learned.

Asphalt shingles have a specific purpose — to protect your home (and what's in it) from the elements. Yes, the packaging said the shingles would last for 25 years, but they don't. And, yes, you knew that. So

when you noticed that the shingles were warping, you fully realized that you should get them replaced. Two years go by, and the shingles look like soup bowls. Meanwhile, you notice water stains showing up on your ceiling. Hmmm. One more lesson learned.

Procrastination is natural. We all do it, despite knowing the potential problems that may arise. In this month's cover story, we provide information on one more thing you've been putting off, and it's a serious one here in Windsor Heights — sewer line problems. There are solutions, and we are pleased to provide the information to help you.

Thanks for reading.

Shane Goodman
Publisher



P.S. Check out www.iowalivingmagazines.com for exclusives including obituaries, an expanded calendar of events and even more photos. ■

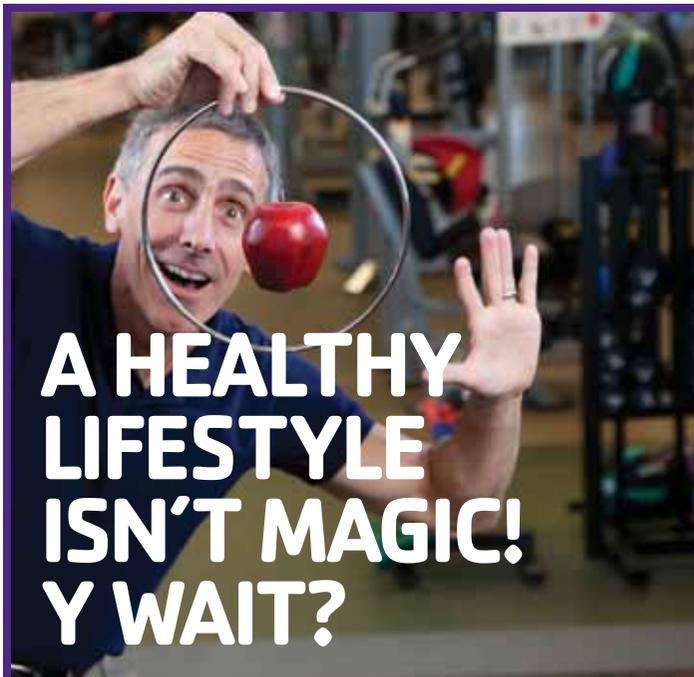


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City officials have already begun repairing public sanitary sewer lines through a system known as “slip lining” and will continue to do so with the help of the Windsor Heights-Urbandale Sanitary Sewer District.

By Michael Swanger

Memo to Windsor Heights residents who turn on a water faucet, or take a shower, or flush a toilet: Chances are your sewer line is in need of repair or being replaced.

Consider yourself warned.

As Windsor Heights ages, so has its sanitary sewer infrastructure, and signs of it cracking and allowing groundwater to infiltrate into them abound. City officials, who have already begun repairing or replacing public sewer lines, say that more than half of the city’s sewer line problems are residential. They also say that several residential properties have foundation drains or sump pumps that tie directly into the sanitary sewer, which means that storm water and groundwater are pouring directly into the sewer system and creating what is commonly referred to as “inflow and infiltration issues.”

The real problem in such instances arises during heavy rainfalls when the system fails to accommodate the overflow of water. In the worst scenarios, a mixture of storm water and sanitary sewage floods residents’ basements and overwhelms the city’s water treatment facility, which can result in sewage flow-

ing directly into Walnut Creek, which leads to the Raccoon River, a source of drinking water.

So how does this affect homeowners?

Though it might be easy to see water problems on the street, sanitary sewer issues — buried six to 18 feet underground — seldom are thought of until a crisis arises, such as foul smelling water backing up into the lowest level of your home. Experts say it is the kind of unwelcome mess that can instantly render your sinks, baths and toilets useless and force you to immediately spend thousands of dollars to restore your residential sewer line and your daily life.

“It can be an ugly mess,” says Windsor Heights Mayor Jerry Sullivan.

To avoid such a crisis, city officials are urging residents to participate in a public-private program referred to as S.O.S., or Save Our Sewers.

“Five years ago, the Iowa Department of Natural Resources issued a permit in which cities were required to get their inflow and infiltration problems under control so that they could control groundwater and rain water running through public and private pipes,” says Jason VanAusdall, public works director



Mayor Jerry Sullivan

for Windsor Heights. “Every city is handling it differently. Windsor Heights has decided to handle it in three phases that will save the city money, but residents need to understand there is a difference between public and private work that needs to be done, even though it is a partnership.”

The first public phase, identified by Public Works officials as a “red” phase, began in 2011 and was completed at a cost of about \$2.5 million. It identified and replaced the city’s worst sanitary sewer lines through a system called “slip lining,” with the help of the Windsor Heights-Urbandale Sanitary Sewer District.

The process includes retrofitting the system with new pipes inside old pipes to correct any inflow and infiltration from private sources, which includes disconnecting or decoupling sump pumps or foundation drains that are currently connected to the sewer system. Workers insert a sleeve into the old sewer line that gets heated inside the pipe, virtually creating a new pipe inside the old one. It seals the pipe, preventing groundwater from flowing into the sanitary sewer.

Still, more work needs to be done by the city.

The second, or “yellow” phase, in which the city is still awaiting state funding to complete, is estimated to cost a little more than \$1 million (which includes engineering, lining, grouting, etc.). Once that is completed, a third and final “green” phase will address any remaining sewer lines that need to be replaced.

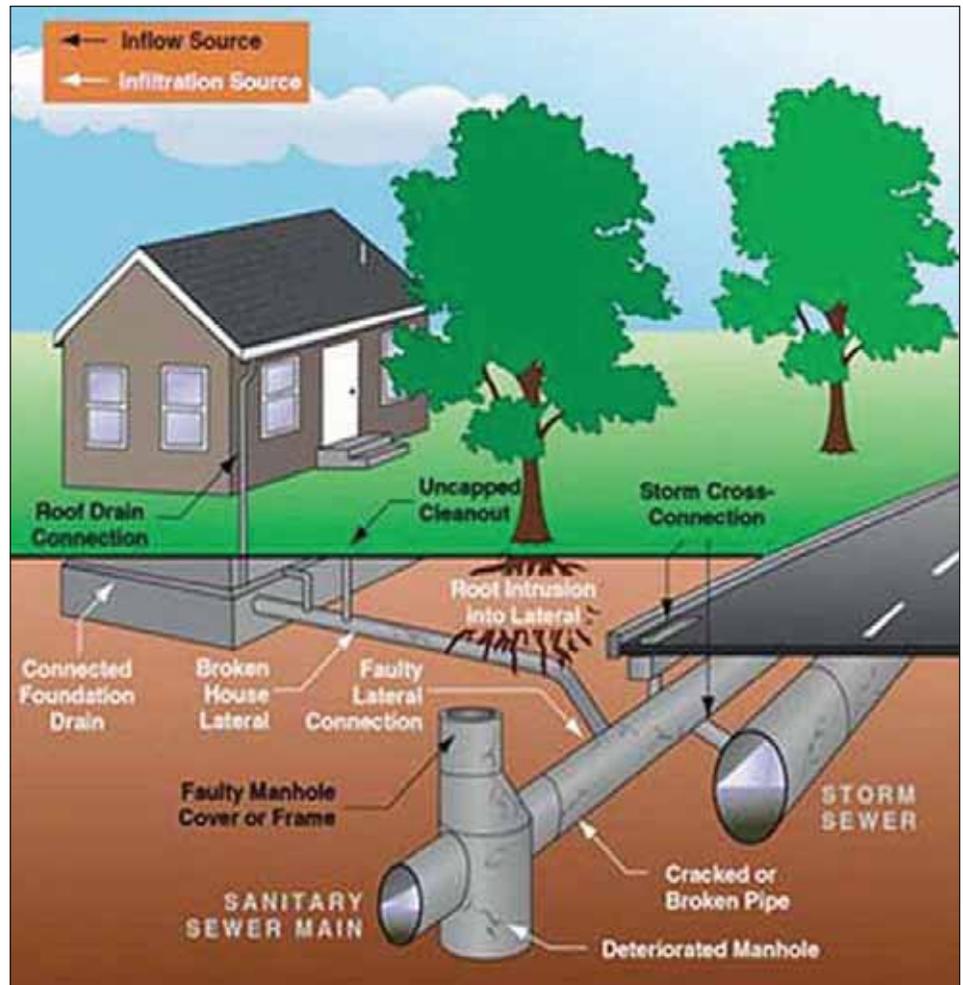
“Some cities are only budgeting \$200,000 a year to correct their problems and doing it a few neighborhoods at a time, but it will take them years and more money to solve. We wanted to look at the big picture and get it done at once and save the city and residents money in the long haul,” says VanAusdall. “Our goal was to use the slip lining technique to repair the lines so that we didn’t have to tear up the streets and still have lines that will last another 50 years.”



Jason VanAusdall

The Public Works Director says that the city is responsible for repairing miles worth of sanitary sewer lines, but city engineers estimate that 40 percent of the inflow and infiltration problems stem from the city’s pipes, while the remaining 60 percent can be attributed to residential properties.

This is the first time the entire city’s sani-



Officials estimate that residential sanitary sewer lines contribute to 60 percent of the city’s inflow and infiltration problems. The city, in partnership with other organizations, has established a public-private program entitled S.O.S., or Save Our Sewers. Officials are encouraging residents to participate in the program which offers partially forgivable loans to property owners.

tary sewer system has needed an overhaul since it was installed decades ago, officials say. Most residential sewer lines in Windsor Heights and surrounding communities are made of heavy cardboard known as “Orangeburg,” which was primarily used in residential construction starting in the 1950s. The problem with Orangeburg, experts say, is that over time it cracks or tree root balls penetrate them and they clog or collapse, often with little or no warning to homeowners.

“It’s really in residents’ best interest to repair their own lines before they get backed up because it’s only a matter of time when they will, and you don’t want to wait until it’s too late,” VanAusdall says.

The residential side

In other cities, local governments are imposing mandates on residents and forcing them to comply by creating expensive fines. City officials in Windsor Heights say that they would like to avoid that approach if possible, though a

mandate might be necessary in the future.

“The city council voted to not start on the residential problem until next year, so they want to use 2013 to inform residents of what’s coming and give them the opportunity to take care of it because after that they have a plan in place to enforce residents to resolve any issues they might have,” says VanAusdall. “Testing of the lines would be involved as would a deadline to get the work done as well as retesting.”

In the meantime, city officials encourage residents to be proactive and embrace the S.O.S. incentive program to make necessary repairs. To help residents save money, the S.O.S. program offers partially forgivable loans to property owners. The loans are up to 50 percent forgivable, according to the city’s website, depending on a property owner’s income levels. The forgivable loans are the result of a partnership between the city, Polk County, the Urbandale-Windsor Heights Sanitary Sewer District and the Neighborhood Finance Corporation.

"If more residents take advantage of the program, it makes a great case for us to increase the amount of forgivable loans in the future."

— Holly Olson, Neighborhood Finance Corporation

"We're trying to engage the public on this issue and let them know that this is a heck of an opportunity to save money," says Sullivan.

For now, \$100,000 has been set aside for forgivable loans, but that amount would likely increase based on residential demand. As of press time, however, only four residents have participated in the S.O.S. program, according to Holly Olson, executive director of the nonprofit Neighborhood Finance Corporation.

She attributes the slow response to several reasons including that people are now beginning to learn about it or that because they don't see a problem with their sewer line they assume that they do not have one. Though fees for the forgivable loan cost about \$600, Olson says that participants still save a considerable amount of money.

"When you have to pay \$7,500 to repair your sewer line and about \$2,500 of that is forgivable, you still come out ahead if you paid for all of the repairs yourself," she says.

Olson adds that there are other intangibles factored into the cost of repairing residential sewer lines. For instance, the cost can easily double if workers have to repair the line from your home to the middle of the street. The longer the trench to be dug to meet the city's line, the more money it costs. There are additional follow-up costs, too, including buying sod or seeding front yards that are heavily excavated during repairs.

"We could easily help pay for

the loans for another 50 residents right now," Olson says. "If more residents take advantage of the program, it makes a great case for us to increase the amount of forgivable loans in the future."

The Neighborhood Finance Corporation is currently offering similar incentives to residents in other communities, but Olson says Windsor Heights has "done a good job of getting the word out to its residents and giving them plenty of time to address any problems."

"Now is a good time for residents to start the paperwork so that by spring or summer they can start work. It takes about a month to get the money after you fill out the paperwork. It's pretty simple," says Olson. "If they come in now, they could start work in April."

Like so many problems, however, officials admit that most people who don't see them tend to ignore them.

"Out of sight, out of mind. People see that they're able to do their laundry or flush their toilet and nothing backs up, or that things drain slowly but they procrastinate because they don't think it's a big problem," Olson says. "But there's never a good day for your sewer line to collapse, and it's intense when it happens."

Sullivan says being proactive to repair any sewer line problems also adds value to your home.

"If you try to sell your home, the realtor is going to ask whether or not your sewer line has been updated, and it could affect your asking price," he says. "It's something you want to do anyway." ■

Meet Austin Hall

English instructor is tech-savvy teacher

By Rainey Cook

With a semester of approximately 110 high school students, it would be hard not to be a tech-savvy teacher.

Austin Hall has been teaching English, Advanced Literature and Composition II at Dowling Catholic High School for three years. He explains there really isn't a student who doesn't get technology.

"I use online resources, YouTube, social networking and turnitin.com to reach my students," says Hall.

Hall says his students keep him young. He speaks of the maturity level that high school students have and appreciates the energy they have to learn. He enjoys having fun with his students and likes the fact they know how to transition from fun to study in no time. He is practiced and takes his teaching seriously, yet eases up just a bit when the fresh energy of his students surrounds him. It's clear they like him, and the feeling for them is mutual.

Hall focuses on a few top issues, which makes for better students. Convincing them they are confident writers can be challenging.

"Sometimes they don't think they are writers — and they are," he says.

His tries to conduct his classroom to be comfortable for his students to share their thoughts, pass no judgment and keep everyone, including himself, collectively



Photos by Rainey Cook

Austin Hall teaches English, Advanced Literature and Composition II at Dowling Catholic High School.

accountable.

Lastly, he spends time on technology. Relating to students with online resources only seems natural for him and his classes.

The best thing he likes about Dowling is that it's a community within the school walls.

"Yes, it's a high school, but it's also a community and neighborhood. Everyone says hello, and I like that," he says.

As spring approaches, he'll be reviewing persuasive research papers. His students will be reading Homer's "The Odyssey" and "One Flew Over the Cuckoo's Nest."

When not at Dowling, you can find Hall on the other side of the teacher's desk. He has one year left before he receives his master's degree from the University of Northern Iowa. He is a big movie buff and loved watching the recent Oscars. He is also looking forward to watching the Minnesota Twins this summer. ■

What do you like best about your teacher?



Jake Prebeck:
"He's funny. He's understanding of what a student goes through."



Hanna Groepper:
"As a teacher, he made me feel good about my writing."



Jake Dowd:
"He's able to make class exciting, not boring."



Amelia Fini:
"He finds different ways to teach and entertain us. It's not boring."



Gloria Olson puts the finishing touches on one of her creative cakes.

The sweet life

Olson's garage is now a cake-making office

By Rebecca Bowen

It all began 12 years ago when Gloria Olson decided that Des Moines just wasn't quite sweet enough. She sought to change it all and give people an outlet to share her love for custom cakes for any occasion.

"It started when I was working as the choir director at a local area high school and was looking for a creative outlet during my summers off," says Olson. "I worked for a bakery that is no longer in business and just copied artwork from children's birthday cake napkins onto the tops of cake. I didn't do any baking or wedding cake decorating yet; at the beginning it was just cartoon artwork. I still have many of these pieces buried somewhere in my garage."

After noticing Des Moines had a growing void of places making highly customized cakes, Olson began to consider opening a place of her own.

"After the bakery closed, I found that many people I knew in the West Des Moines school district were calling asking me to make cake, and the rest is history," recalls Olson. "I had a few orders from businesses, and one thing led to the next."

After a couple years of classes and job shadowing, Olson decided

to take the proverbial "leap of faith" and open her own business, Glorious Desserts, in Windsor Heights, where she now keeps her business cards, client orders and paperwork supplies in her overflowing garage.

The popularity of television cake decorating and cake competition shows, Olson believes, has given the general consumer many more options than they had.

"Prior to television shows, fondant was only available to people who were really doing their research and most likely didn't know where to find it in Des Moines," Olson explains. "There are now more than three times the amount of people doing cakes in the Des Moines area than when I first started."

"Now I do mostly weddings," Olson comments. "I've had the good fortune of working with some really great clients that have become clients for life, who now call me to share all of their special occasions."

Olson prides herself on working closely with a client to create a piece that will reflect the bride's taste, as well as be something that will be unique for her reception.

"The most exciting cakes are done for an adventurous bride, because she's taking a chance on me," Olson explains. ■

Contact Darren Tromblay at 953-4822 ext. 304 or darren@dmcityview.com to recommend someone for an upcoming issue of *What's In Your Garage?*



Steve Dann's home on Sunset Terrace has seen several additions during the years he has owned it.

Additional surprises

Dann's house just keeps going and going

By Rainey Cook

Just by looking at the front of Steve Dann's house on Sunset Terrace, one would never guess the additions this building has gone through.

Simply put, this home appears to be another cute, warm, small Colby brick in Windsor Heights. Even stepping in and seeing the minor living room and simple doorway to the two bedrooms and one bathroom gives you the feel of an older home of just 1,000 square feet.

Beyond the original structure is the newer, larger part of the home. In the early '80s, Dann added on a 16'x24' kitchen with a wood-burning fireplace and rock mantel. A spiral staircase leads to the new bedroom and bathroom upstairs.

"We had the spiral staircase shipped to our house from out of state," says Dann. "My buddy and I put it together, and I built the railing for the top. The whole thing cost \$500."

The second addition to this home was in 1993.

"I'll never forget it," recalls Dann. "It was during the floods of '93, and the entire process was on hold because all the materials were delayed getting to us."

This project included a sunroom and the man cave in the basement, complete with pool table, darts and treadmill. Above the sunroom is yet another bedroom, this one complete with walk-in closet and hot tub.

"I am on my second hot tub," Dann shares.

The first one was installed through the rafters before the shingles went on. Once the wear and tear got too much to fix, he installed a new one. This one came up over the deck and through the double deck doors.

Dann loves the space in his home.

"I have a lot of space to watch TV, play pool or sit in the hot tub whenever I want," he says.

His backyard has two towering mature trees. During the building process of one of the additions, only one mature tree had to be cut down.

Just to the west of the trees is another larger-than-life addition. Dann has a 52-foot-long garage that houses a camper, motor home, pickup and a car. With plenty of space between each vehicle, there is still room for a work bench along the east side of the garage. ■

Friday, March 22

- Spring Break - DMPS
- Spring Break - WDMPS

Saturday, March 23

- Community Coffee Club, 9-10:30 a.m., Grounds for Celebration.

Sunday, March 24

- Palm Sunday

Monday, March 25

- Passover begins at sunset

Tuesday, March 26

- VHS V Boys Track at Simpson College, 4 p.m.
- RHS JV/V Boys Track at Simpson College, 4 p.m.
- RHS V Girls Track at Simpson College, 4 p.m.

Wednesday, March 27

- Planning & Zoning Meeting, 4:30 p.m., City Hall.
- RHS Spring Sports Parent Meeting, 6:30 p.m., Roosevelt Auditorium.

Thursday, March 28

- Holy Thursday
- VHS JV/V Boys Track at Johnston, 4:30 p.m.
- VHS JV/V Girls Track at Ankeny, 4:30 p.m.
- VHS V Girls Soccer at DCG, 5:30 p.m.
- RHS JV/V Boys Track at Johnston, 4:30 p.m.
- RHS V Girls Track at Ankeny, TBD



Friday, March 29

- Good Friday
- VHS JV Girls Track at Ames, 4:30 p.m.

Saturday, March 30

- VHS V Boys Soccer at University

of Iowa, 9 a.m.

- VHS V Boys Tennis Invitational, 9:30 a.m.
- RHS V Boys Track at DM East, 10 a.m.

Sunday, March 31

- Easter

Monday, April 1

- April Fool's Day
- Council Meeting, 6 p.m., City Hall.

Tuesday, April 2

- DMPS Board Meeting, 6 p.m.
- VHS V Boys Tennis at Iowa City West, 4:15 p.m.
- VHS 8 Girls Track Meet, 4:30 p.m.
- VHS JV/V Track at Waukee, 4:30 p.m.
- VHS 9/JV/V Girls Soccer vs. DM East, 4:45/6/7:30 p.m.
- RHS JV/V Boys Tennis at Urbandale, 4 p.m.
- RHS JV/V Girls Tennis vs. Urbandale, 4 p.m.
- RHS V Girls Track at Waukee, 4 p.m.
- RHS 9/JV/V Boys Soccer at Ankeny, 4:45/6/7:45 p.m.
- RHS JV/V Girls Soccer at Norwalk, 5:30/7 p.m.

Thursday, April 4

- VHS JV/V Boys Track at SEP, 4:30 p.m.
- VHS 8 Boys Track at Ames, 4:45 p.m.
- VHS/VSW PTO Meeting, 7 p.m., Valley Southwoods.
- RHS JV/V Boys Soccer vs. DM Christian, 4:45/6:15 p.m.
- RHS Spring Drama, 7:30 p.m.

Friday, April 5

- RHS Spring Drama, 7:30 p.m.
- VHS JV/V Girls Tennis at Boone, noon.
- VHS 9/JV/V Boys Soccer vs. Waukee, 4:45/6:15/7:30 p.m.



- VHS 9/JV/V Girls Soccer at Waukee, 4:45/6/7:30 p.m.

Saturday, April 6

- RHS Spring Drama, 7:30 p.m.
- VHS JV/V Girls Tennis at Johnston, 9 a.m.
- VHS JV/V Girls/Boys Track Invitational, 11 a.m.
- Hillside Elementary School Carnival, 4 p.m.
- RHS V Boys Soccer Tournament, 10 a.m.
- RHS JV/V Boys Track at Valley, 11 a.m.
- RHS V Girls Track at Valley, 11 a.m.

Monday, April 8

- VHS V Girls Golf at Urbandale, 2 p.m.
- VHS JV Boys Track Invitational, 4 p.m.
- VHS JV Boys Tennis vs. Ames, 5 p.m.
- VHS JV Girls Tennis at Ames, 5 p.m.
- VHS 9/JV Boys Soccer at Ankeny Centennial, 5:30/7 p.m.
- RHS JV Boys Track at Valley, 4 p.m.



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Tuesday, April 9

- VHS JV Girls Golf vs. Johnston, 3:30 p.m.
- VHS JV/V Girls Tennis at Marshalltown, 4 p.m.
- VHS JV/V Boys Tennis vs. Marshalltown, 4 p.m.
- VHS JV/V Girls Track at Ames, 4:30 p.m.
- VHS 9/JV/V Girls Soccer at SEP, 4:45/6/7:30 p.m.
- VHS 9/JV/V Boys Soccer vs. DM Lincoln, 4:45/6/7:30 p.m.



Thursday, April 11

- RHS Sharks Pageant, 7 p.m.
- VHS JV Girls Golf at Marshalltown, 1 p.m.
- VHS JV/V Boys Tennis at SEP, 4 p.m.
- VHS JV/V Girls Tennis vs. SEP, 4 p.m.
- VHS JV/V Boys Track at Urbandale, 4:30 p.m.
- VHS JV/V Girls Track at Indianola, 5 p.m.
- RHS V Girls Golf at Marshalltown, 10:30 a.m.
- RHS JV/V Girls Tennis at Indianola, 4 p.m.
- RHS JV/V Boys Tennis vs. Indianola, 4 p.m.
- RHS 9/JV/V Boys Soccer vs. Marshalltown, 4:45/6:15 p.m.
- RHS 9/JV/V Girls Soccer at Marshalltown, 4:45/6/7:30 p.m.
- RHS V Girls Track at Indianola, 5 p.m.

Friday, April 12

- Iowa Cubs game vs. Albuquerque at home, fireworks, 7 pm.
- RHS Sharks Pageant, 7 p.m.
- VHS 9/JV/V Girls Soccer at Dowling, 3:45/5/6:15 p.m.
- VHS JV/V Boys Tennis vs. Waukeee, 4 p.m.
- VHS JV/V Girls Tennis at Waukeee, 4 p.m.
- VHS V Boys Soccer Tournament, 5:30 p.m.

Saturday, April 13

- ACT Test Date
- Iowa Cubs game vs. Albuquerque at home, 7 pm.
- RHS Sharks Pageant, 7 p.m.
- VHS V Boys Soccer Tournament, 8 a.m.
- VHS V Girls/Boys Track at Drake, 8:30 a.m.
- RHS V Girls Track at Drake, TBD
- RHS JV/V Boys Track at Drake, TBD
- RHS JV Boys Soccer at SEP, 9 a.m.

Sunday, April 14

- Iowa Cubs game vs. Albuquerque at home, 1 p.m.

Monday, April 15

- Tax Day
- Iowa Cubs game vs. Albuquerque at home, noon.
- Council Meeting, 6 p.m., City Hall.
- VHS JV/V Girls Golf Invitational, 1 p.m.
- VHS 9/JV/V Girls Soccer vs. DM Hoover, 4:45/6/7:30 p.m.
- VHS JV Boys Track at Waukeee, 5 p.m.
- VHS JV/V Boys Soccer at DM Hoover, 6/7:30 p.m.
- RHS V Girls Golf at Valley, 1 p.m.
- RHS JV/V Girls Soccer vs. Fort Dodge, 4:45/6:15 p.m.
- RHS JV/V Boys Soccer at Fort Dodge, 5:30/7 p.m.

- RHS Riders' Club Meeting, 6:30 p.m., Library.



Tuesday, April 16

- Iowa Cubs game vs. Nashville at home, 6:30 p.m.
- DMPs Board Meeting, 6 p.m.
- VHS JV/V Girls Golf at Marshalltown, 3:30 p.m.
- VHS JV/V Boys Tennis at DM Lincoln, 4 p.m.
- VHS JV/V Girls Tennis vs. DM Lincoln, 4 p.m.
- VHS JV/V Boys Track at Waterloo, 4 p.m.
- VHS 8 Boys Track at Waukeee, 4 p.m.
- VHS 9/JV Boys Soccer at Johnston, 4:45/6 p.m.
- VHS 9/JV Girls Soccer vs. Johnston, 5/6:15 p.m.
- VHS JV/V Girls Track at Ames, 5 p.m.
- RHS JV/V Girls Tennis at Dowling, 4 p.m.
- RHS JV/V Boys Tennis vs. Dowling, 4 p.m.
- RHS JV/V Boys Track at Ankeny, 4:30 p.m.

Wednesday, April 17

- Iowa Cubs game vs. Nashville at

home, noon.

- RHS JV/V Girls Golf at Indianola, 2:30 p.m.

Thursday, April 18

- Iowa Cubs game vs. Nashville at home, 6:30 p.m.
- VHS JV/V Boys Tennis at Ames, 4 p.m.
- VHS JV/V Girls Tennis vs. Ames, 4 p.m.
- VHS V Girls Golf at Ankeny, 9 a.m.
- VHS 8 Boys Track Invitational, 4 p.m.
- VHS JV/V Boys Track at Iowa City, 4:30 p.m.
- VHS V Girls Track at Iowa City, 4:30 p.m.
- VHS 9/JV/V Girls Soccer vs. Ottumwa, 4:45/6/7:30 p.m.
- VHS JV/V Boys Soccer at Ottumwa, 5:30/7 p.m.
- RHS JV/V Boys Tennis at DM East, 4 p.m.
- RHS JV/V Girls Tennis vs. DM East, 4 p.m.
- RHS V Girls Track at Iowa City, 4:30 p.m.
- RHS JV/V Boys Track at Waukeee, 4:30 p.m.
- RHS JV/V Boys Soccer vs. Mason City, 4:45/6:15 p.m.
- RHS JV/V Girls Soccer at Mason City, 4:45/6 p.m.
- RHS Spring Vocal Music Concert, 7 p.m.

Friday, April 19

- Iowa Cubs game vs. Nashville at home, fireworks, 7 p.m.
- RHS V Boys Soccer at Sioux City North, TBD
- RHS V Girls Tennis vs. Ankeny, 4 p.m.



View events and happenings from
this community and others at
www.iowalivingmagazines.com



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EASTER EGG HUNT

The Windsor Heights Fire Fighters Association's annual Easter Egg Hunt will be Saturday March 30 starting at 9:00am sharp. As in the past, Colby Park (located at 6900 School Street) will be divided into 3 age groups: Under 3, 4-7 and 8-12. There will be special prize eggs scattered throughout the 10,000 Easter eggs which can be redeemed for special prizes. The Easter Bunny and Sparky the Dog will also be present at the hunt for photo opportunities.



DON'T FORGET TO REGISTER PETS

It is the time of year when dog and cat owners are reminded to have their pets licensed and tagged. This means City staff may notify them should their pet stray and be picked up. In order to be licensed, pets must have proof of current rabies vaccination from their vet. Licenses cost \$10 for altered pets and \$20 for unaltered pets. The registration form may be found on the City website or may be picked up at City Hall. There is an additional fine if your pet is not licensed prior to April 1st.



SUSTAINABLE LIVING SERIES NOW IN ITS 2ND YEAR

Due to last year's popularity, a new line-up of presentations covering the subject of sustainability is scheduled for the third Thursday, monthly through May, 5:30 - 7 pm at the Windsor Heights Community & Events Center. The goal is to assist home owners in a better understanding of the environment and preserving resources. There is no charge to attend.

Thursday, March 21- Trees Forever will discuss its programs and funding sources. Basic tree care will also be included.

Thursday, April 18 -Darren Fife, a resident of Windsor Heights and member of the Walnut Creek Watershed Coalition will demonstrate how simple it can be to create your own rain barrel.

Thursday, May 16 -- Metro Waste Authority will share information on disposal of yard waste, recyclables and hazardous waste.

The series is supported by a grant from the Metro Waste Authority.

JERRY SULLIVAN, MAYOR • DIANA WILLITS, COUNCIL MEMBER • DAVE JENISON, COUNCIL MEMBER

READY, SET, WHAMM

Windsor Heights Mini Marathon, better known by its acronym WHAMM, is scheduled for Saturday, May 18 at 8 am. Runners and walkers alike are invited to participate and may choose either the 5K (single loop) or 10K (double loop) route. This course, through the lovely city neighborhoods, is known as both challenging and rewarding. All proceeds benefit the Muscular Dystrophy Association of Central Iowa. Individuals, as well as teams, are encouraged to raise pledges to support the MDA's summer Camp. Registration for WHAMM is open at www.getmeregistered.com. Awards are given and each participant receives a t-shirt.



The ever popular Pancake Breakfast begins the same morning, presented by the Windsor Heights Fire Department and tops out the fun.

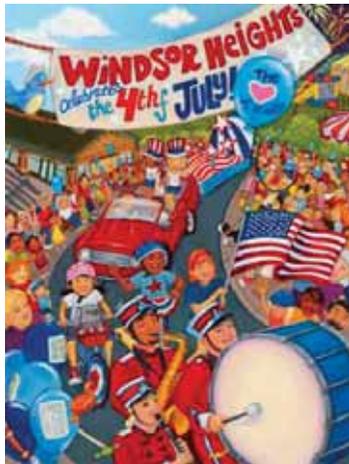
JULY 4 PARADE TO START AT NEW TIME, 1 PM

Strike up the band; get your marching shoes in order. The City of Windsor Heights' annual Fourth of July parade is schedule to kick off at 1 pm, a new time, on Independence Day. The Special Events Committee, organizer of the day's festivities, encourages the public to get involved by making a float, decorating a car, or marching. Some ideas of what they are looking for include:

- antique autos and street rods
- Drills teams
- Drum squads
- Floats
- Marching bands
- Flag displays
- Youth and adult marchers
- New and vintage farm equipment
- Horses and other farm animals.

The parade, which attracts crowds of spectators from local and surrounding communities, not only is an excellent marketing opportunity but also a creative way to bring attention to what businesses and organizations are about.

For parade information, contact tlevine@windsorheights.org



MOVIES IN THE PARK TO ANNOUNCE THIS YEAR'S SERIES

The 2013 Movies in Colby Park schedule will be officially announced in April. However, rest assured that it will be a terrific line-up. You can start the planning now by reserving these Friday evening dates: June 21, 28, July 12, 19, 26, August 2. The movies are shown at dusk with a pre-activity beginning at 7 pm.



SERIES ON END OF LIFE ISSUES

The Windsor Heights Foundation is hosting a series of topical seminars titled "How to Feel Secure about End of Life Issues." The series is scheduled for five Thursday evenings, April 11 through May 2, 7 to 8:15 p.m., at the Windsor Heights Community and Events Center.

Information will be provided about decisions to consider such as funeral planning, proper titling of assets, minimizing estate taxes, and financial planning considerations.

Experts will lead each nightly topic which include:

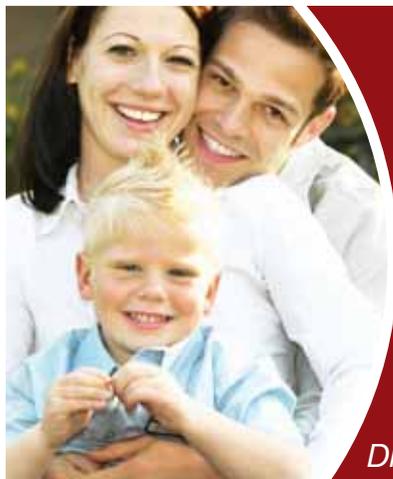
- April 11: Planning a Funeral—what you should know and do
- April 18: Wills and Probate—ensuring your assets go where you intend
- April 25 Substitute Powers—how others can make decisions when you can't
- May 2 Trusts—the power to protect and the flexibility to preserve
- May 9 Financial Planning—are you following your plan, including pre-retirement planning?

The cost is \$3/person or \$10 for all five sessions; \$5 a couple or \$20 for all five sessions.

Advance registration is encouraged, but not required.

For information or to register, contact George Hanusa, phone 255-6367; emailgeojanh@msn.com

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health Q&A

Q: What is dental digital photography?

A: Dental digital photography provides the most immediate and effective method for visual communication. Dental digital photography can be used to evaluate restorations such as old fillings and crowns that need replaced, as well as show new findings of decay, etc. This tool is also shows any fracture lines on teeth. This allows any pending situations to be diagnosed sooner, preventing more major or serious consequences to occur.

Dental digital photography helps the dental team express the overall view of the structure and health of the teeth. It is a crucial component of the standard of care in documentation and diagnosis before dental treatment. It makes it easy for the patient to see the diagnosed treatment. The patient and dentist can observe and discuss any problems as they review the images, as they are 25 times the normal size.

Dental photography makes understanding procedures and dental issues much simpler, which gives patients much more involvement in the "co-discovery" of issues. It's use to aid in oral cancer screening is remarkable. The use of digital imaging is evolving very quickly in the field of dentistry. ■

Information from Dear Doctor magazine, provided by Dr. Dennis Winter, Iowa Dental Arts, P.C., 2901 Beaver Ave., 277-6657.



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Q: Do you have any general advice for keeping a healthy mouth?

A: Sure. There are plenty of specific dental issues we've talked about, but here are some overall things to keep in mind: Brush and floss every day, especially after meals. If it's impractical to brush after a meal, at least rinse your mouth with water to flush out any particles of food left. Use good quality, shed resistant floss so it doesn't bunch up between your teeth and do any damage. Use toothpaste that contains fluoride. Not all do.



Visit your dentist regularly, at least twice a year, for a checkup and professional cleaning. Watch your diet. High-fiber greens like lettuce, broccoli and spinach can contribute to whiter teeth. Apples, oranges, celery and carrots are also good for your smile because they require lots of chewing, which, in turn, generates saliva and keeps bacteria from setting up camp on your teeth.

Stay away from sugary foods and drinks. When the bacteria that live in plaque, the filmy substance on your teeth, interact with sugar they produce the acid that can start the process of tooth decay. Your dentist is a resource for information on how to keep your mouth fresh and healthy. Don't hesitate to ask questions. ■

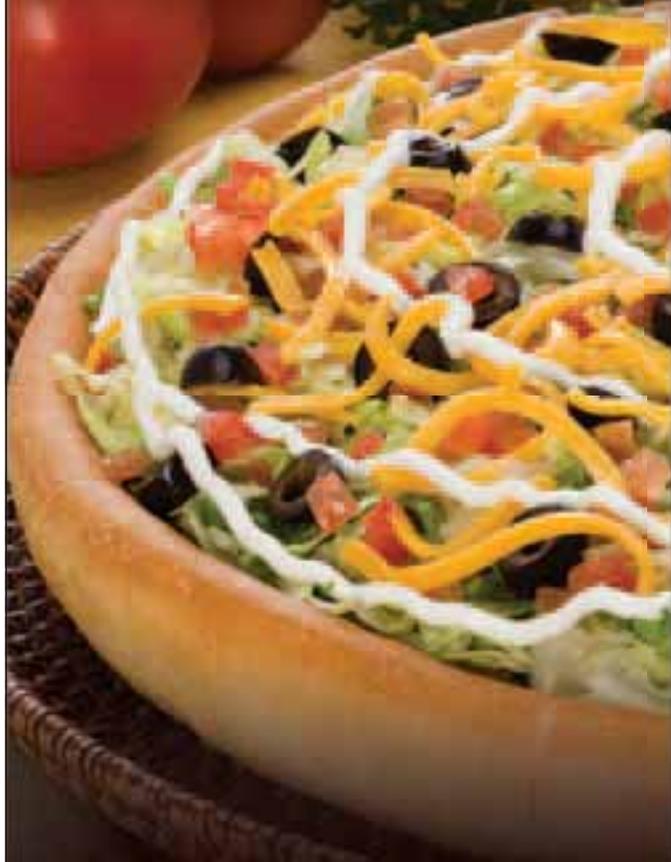
Information provided by Des Moines Dental Group, 708 First Ave S., 967-6611.



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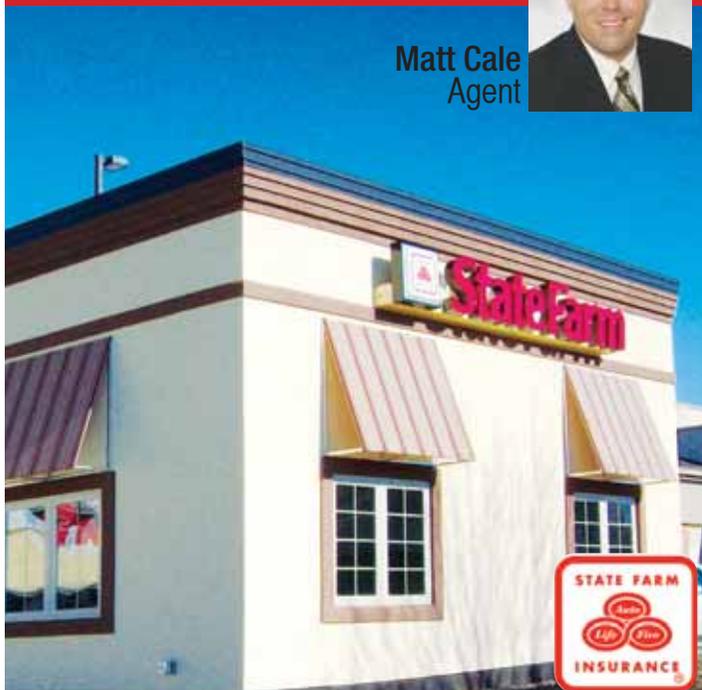
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finance **From Matt Kneifl**

Retirement, succession plans

'Must haves' for business owners

If you own a business, you may well follow a “do it now” philosophy — which is, of course, necessary to keep things running smoothly.

Still, you also need to think about tomorrow — which means you'll want to take action on your own retirement and business succession plans. Fortunately, you've got some attractive options in these areas. For example, you could choose a retirement plan that offers at least two key advantages: potential tax-deferred earnings and a wide array of investment options. Plus, some retirement plans allow you to make tax-deductible contributions.

In selecting a retirement plan, you'll need to consider several factors, including the size of your business and the number of employees. If your business has no full-time employees other than yourself and your spouse, you may consider a Simplified Employee Pension (SEP) plan or an owner-only 401(k), sometimes known as an individual or solo 401(k). If you have employees, you might want to investigate a Simple IRA or even a 401(k) plan. Your financial advisor, working with plan design professionals and your tax advisor, can help you analyze the options and choose the plan that fits with your combined personal and business goals.

Now, let's turn to business succession plans. Ultimately, your choice of a succession plan strategy will depend on many factors, such as the value of your business, your need for the proceeds from the sale of the business for your retirement, your successor, and how well your business can continue without you. If your goal is to keep the business within the family, you'll need to consider



how much control you wish to retain (and for how long), whether you wish to gift or sell, how you balance your estate among your heirs, and who can reasonably succeed you in running the business.

Many succession planning techniques are available, including an outright sale to a third party, a sale to your employees or management (at once or over time), or the transfer of your business within your family through sales or gifts during your life, at your death or any combination thereof.

Your estate plan — including your will and any living trust — should address what happens with the business, in case you still own part or all of it at your death. The best-laid succession plans may go awry if the unexpected occurs.

All these business succession options can be complex, so before choosing any of them, you will need to consult with your legal and financial advisors. Whether it's selecting a retirement plan or a succession strategy, you'll want to take your time and make the choices that are appropriate for your individual situation. You work extremely hard to run your business — so do whatever it takes to help maximize your benefits from it.

This article was written by Edward Jones for use by your local Edward Jones. ■

Information provided by Matt Kneifl, financial advisor, Edward Jones, 1100 73rd, Windsor Heights, 279-2219.

Power of attorney

Select someone you trust to oversee finances

By Ross Barnett, attorney, Abendroth and Russell Law Firm

A power of attorney is an instrument in which you designate another person to act on your behalf. A financial power of attorney is “durable” in the sense that it survives incapacity. If you become unable to manage your own financial affairs, your agent can use the power of attorney to pay your bills, manage investments and prevent the waste of your assets.

A power of attorney can be a useful tool to ensure continuity in your affairs if you are unable to tend to them yourself. The instrument is not subject to court approval or rejection and can only be challenged under limited circumstances. It allows another person to step in and make decisions about your financial affairs.

However, a power of attorney involves a high degree of trust between you and your agent. You must ensure that the person acting on your behalf knows your wishes and is ready to carry them out. You must also be certain that the agent will not abuse the position, since he or she will have control over your property and assets.

Financial exploitation can be subtle. Family members may ask a cognitively-impaired person for repeated loans they never intend to repay. Others will write themselves checks, expecting that the senior won't notice or won't remember. Some may justify a gift of money to themselves because they are looking after the senior and feel that they deserve something in return. A trusted agent can abuse a power of attorney to drain a bank account.

Elder financial abuse can be



financially and emotionally devastating. Incidents are on the rise because of a slow economy and an aging population. You can take some basic steps to protect yourself, your assets, and your loved ones.

Be suspicious if an elderly person becomes socially isolated, has a new “best friend” or companion, is unavailable to come to the phone, or is hesitant to have contact others unless the caregiver is present.

Be alert to missing property, large or unexplained withdrawals from bank accounts, reimbursements or gifts to caregivers, unfamiliar signatures on checks, and changes in spending patterns.

Preventing financial exploitation often requires taking legal precautions. Your agent can act on your behalf and can do anything with your money, even without your knowledge. Consider carefully to whom you give financial power of attorney and make sure that it is drafted by a competent attorney. ■

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

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Windsor Heights Lutheran encourage children to participate fully in worship.

The kids are alright

WH Lutheran invites children to worship

By Cady Colosimo

As a parent, you are your child's guide through this journey called life. One of many important things you may want to teach your child about life is faith.

Bringing your children to church and helping them learn about God can be crucial building blocks for later and is something they can always turn to in both good and bad times. Help them begin their quest and start a life-long relationship with God by bringing them to Windsor Heights Lutheran Church. It can be a struggle to get youths and teens involved, which is why the church caters to believers of all ages during worship.

Unlike some churches, Windsor Heights Lutheran encourages kids to fully participate in worship.

"Let the children come to me," Jesus proclaimed.

Going off of Jesus' enthusiasm to get the kids involved, the church has different activities during worship to keep kids of all ages intrigued.

Just walking into to church in the morning can be a struggle with little ones. Dressed in nice clothes and up early, they can be cranky and resistant. This why the church immediately gives the kids something to eat or play with when they walk in. Then, during the gathering songs the children

are invited to come to the front of the sanctuary to dance and play instruments.

Later in the service is the creation station. This takes place in the middle of service during the 15- to 20-minute period when there is a sermon, song and prayer. During this time, children can go to the back of the sanctuary where there are tables set up for them to color, cut, paste, draw and creates gifts to be given during the offering portion of the service.

Spread the Word

Have an upcoming event or church news you would like to announce? Send information to darren@dmcityview.com.

For older kids looking for something with a little more intellectual stimulation, the church hands out a children's bulletin. This worksheet helps them dissect and reflect on the gospel and includes fun things like a word search, too.

For the ones too little to dance, play and complete a word search, the nursery is always available so adults can worship in peace.

For more about the church, peruse their website at www.whlc.org or stop in for worship Sunday at 8:30 and 10:45 a.m. or Saturday at 5:30 p.m. at 1240 66th St. ■

Holy Week Services at Windsor Heights Lutheran Church

PALM/PASSION WEEKEND • Saturday, March 23 at 5:30pm
Sunday, March 24 at 8:30am and 10:45am
Festive Procession and reading of the Passion

MAUNDY THURSDAY • Thursday, March 28 at noon and 7pm

GOOD FRIDAY • Friday, March 29 at noon and 7pm

EASTER MORNING SERVICES • Sunday, March 31
All services celebrating Holy Communion
Sunrise service at 6:30am
Festival services at 8:30am and 10:45am

EASTER BREAKFAST
Served from 7:30 to 8:30am

EASTER BRUNCH
Served from 9:30 to 10:30am



1240 66th St. • Windsor Heights • 277-6277 • www.whlc.org

Chamber welcomes new member

Quester® offers market research

By Betty Ridout, president, Windsor Heights Chamber

We welcome new Chamber member Quester®. It has moved into Windsor Heights at 6500 University Ave. In this article Annabelle Marsh, director of corporate marketing, answers some questions for our Member Spotlight segment.

Q: What does Quester offer to its customer?

A: With 30 years of experience and thousands of market research projects designed and processed, Quester® is a true market research expert. We have a talented team of software developers whose talents have resulted in the development of proprietary softwares. Our trained linguists approach research objectives with a consultative approach and leverage the technology to deliver exceptional reports to our customers.

Q: Who is the Quester customer?

A: As a market research company, we conduct full service market research projects for brand managers. Because our technology platforms are user-friendly and easy to access, we also offer technology integration services to global research suppliers. With Business Insights, we offer services to business executives looking to solve business problems by reaching their internal audience.

Q: Share a story of how your services made a difference for your customer?

A: I'd like to highlight a project we conducted in 2012 for a client specialized in technology device accessories. We conducted a segmentation study, with interviews from 600 respondents across four countries, and fielded the results, all within six weeks. The report highlighted four consumer segments and defined them so our client could better understand their cus-

tomers and better message to them.

Q: What are some surprising facts people don't know about your industry?

A: Market research clients used to be large companies equipped with a sizable research department and budget. Now, every business recognizes the need to closely listen to what their customers, but also their staff, say. Consequently, businesses turn to Do-It-Yourself platforms or market research adapted to their specific needs and budget.

Q: What do you value about locating in Windsor Heights?

A: Our office moved from Ankeny to Windsor Heights in late 2012. We are located at 6500 University Ave. where we are visible from the street and are easy to find. Windsor Heights is a quick commute for almost all our employees and we enjoy being close to shopping and entertainment. Additionally, taxes and expenses are lower despite the increase in square footage.

Q: What is your reasoning for joining the Chamber?

A: By joining the Chamber, we plan to take advantage of the wonderful meeting facilities at the Windsor Heights Community and Event Center, attend business events, read the Chamber newsletters for the latest happenings in the local business community.

Q: What drives and motivates you to do what you do?

A: We feel fortunate to work for a wide array of companies, from Fortune 500 companies who approach us to conduct market research projects, or to integrate our technology in their daily activities, to small and medium-sized companies who look to us to solve business problems. ■

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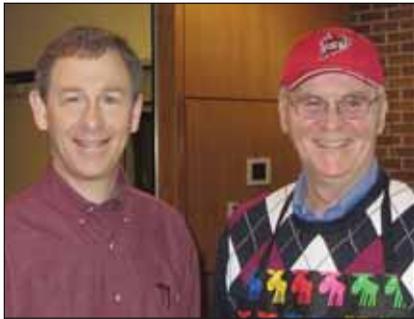
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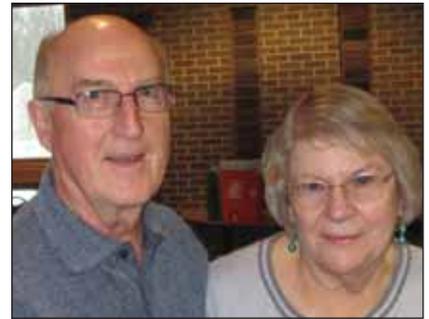
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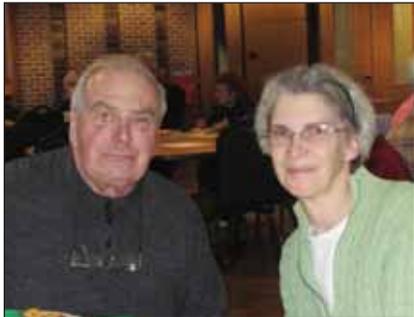
Kris Gregersen and Dave Furneaux at the Windsor Heights Spaghetti Dinner on March 3.



Steve Peterson and Steve Pope at the Windsor Heights Spaghetti Dinner on March 3.



George Hanusa and Janet Hanusa at the Windsor Heights Spaghetti Dinner on March 3.



Rollie Bredeson and Dawn Mallory at the Windsor Heights Spaghetti Dinner March 3.



Leng Vong-Reiff and Matt Reiff at the Windsor Heights Spaghetti Dinner on March 3.



Sheila Roemer and Richard Roemer at the Windsor Heights Spaghetti Dinner on March 3.



Dave Moench, Brooke Wade and Drake Wade at the Windsor Heights Spaghetti Dinner on March 3.



Glenn Carlson and Jason Carlson at the Windsor Heights Spaghetti Dinner on March 3.



Allison Carlson and Molly Carlson at the Windsor Heights Spaghetti Dinner on March 3.



Brian Lantz and Holly Lantz at the Windsor Heights Spaghetti Dinner on March 3.



Betty Ridout and Sherry Borzo at the Windsor Heights Spaghetti Dinner on March 3.



Jodi Huerkamp, Kevin Ridout and Darra Beng at the Windsor Heights Spaghetti Dinner on March 3.

See more photos online at www.iowalivingmagazines.com

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Q: Keeping Your Child Safe: Poison Prevention Tips

A: According to the American Academy of Pediatrics (AAP), more than one million children under age six swallow or come in contact with a poisonous substance each year. Most instances of poisonings occur in the home and many people don't realize ordinary household items have the potential to be very dangerous. Below are a few tips for protecting your family from poisons:

- Medicine, cleaners, paints/varnishes and pesticides should be stored in their original packaging and kept in locked cabinets.
- Safety latches should be installed on all child-accessible cabinets containing harmful products.
- Purchase and keep all medicines in containers with safety or child-proof caps.
- Never refer to medicine as "candy" or another appealing name.
- Never place poisonous products in food or drink containers.

For additional information about poison prevention and to learn more about what you should do if your child comes in contact with poison, visit www.aap.org.



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*Stock T30592. Ford Credit 39 month lease, 10500 miles per year, with approved credit. Security deposit of \$250 required... Tax title dealer fees and license extra. Total due on delivery \$1254. Expires 3-31-13. ** Stock K30439. Discount from top MSRP, all factory rebates to dealer, requires Ford Credit financing and trade in assistance. In stock units only. Expires 3-31-13.*** Sales ranking based on 2012 car and truck retail sales as reported by Ford Motor Company.



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