

WIN FREE STUFF AT WWW.IOWALIVINGMAGAZINES.COM

# Windsor Heights Living

magazine

january 2013

50324

# A new YOU

WINDSOR HEIGHTS RESIDENTS  
RESOLVE TO BE HEALTHY YEAR-ROUND

WHOLE WHEAT BREAD  
RECIPE

AUTOGRAPHS  
GARAGE

MEET NIC HOOVER  
EDUCATION

PRRST STD  
ECRWSS  
U.S. POSTAGE  
PAID  
BIG GREEN UMBRELLA  
POSTAL CUSTOMER  
BIG GREEN UMBRELLA  
414 61st Street  
Des Moines, IA 50312

JC Walker &  
Pennie Carroll

# MOVING

**IOWA**

[movingIowa.com](http://movingIowa.com)



FOLLOW REALTORS PENNIE & JC WEEKLY  
**REAL ESTATE RADIO**  
98.3 WOW FM

**TUNE IN  
LIVE**  
Saturdays @ Noon  
98.3 WOW FM

(515) **251-IOWA** (4692)

**RE/MAX**<sup>®</sup>  
Opportunities

Visit our sponsors on our website at [movingIowa.com](http://movingIowa.com)



**ROYAL FLOORING**  
Appliances • Cabinets • Granite



WEB SITES &  
BUSINESS STUFF

F A R B O Y  
[farmboyinc.com](http://farmboyinc.com)



# Another notch in the belt

As a child, I dreaded trips to the dentist, as I feared the word no child wants to hear — cavity. Unfortunately, I heard that word too often. It wasn't a question of whether or not the dentist was going to find a cavity, but how many. As my baby teeth were replaced with adult teeth, the dental issues went away, too. Years later I realized that my mother put me to bed each night with a bottle of milk, which we now know is a near-guarantee for rotting baby teeth.



I have had an occasional cavity since my teenage years, but they have been few and far between. That's good, because even at one cavity every year or two, I would have had dozens of fillings by my age of 44.

In recent years, I realized that the same math works for weight gain. I rationalized that an extra pound or two a year on the scale couldn't hurt much, right? Multiply that by 25 years, and the extra notches in the belt start to make sense. Yikes.

Like many of you, I know how to lose weight and have done it many times. I am also quite good at putting it back on. That's called balance, right? Wrong. As the years go by, I am beginning to realize how a consistent combination of diet and exercise is the answer. But like in school, having the answers to a test doesn't necessarily mean you understand the subject matter. It is a matter of implementation, and that's where it gets tricky.

If you find yourself relating to my babble, then you may appreciate the subject of this month's cover story, where you will find some motivation to help you with your fitness goals. While you are at it, you may save a few bucks at the dentist, too.

Thanks for reading.

Shane Goodman  
Publisher



P.S. Don't forget to check out [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com) for exclusives including obituaries, an expanded calendar of events and even more photos. ■



Darren Tromblay  
Editor  
515-953-4822 ext. 304  
darren@dmcityview.com

*Town* Living  
magazines



A healthier lifestyle

**SAVE \$50**

No Joiner Fee. January 2013

doesn't magically happen. It takes commitment, a plan and professional help.

That's where the YMCA of Greater Des Moines can help. Our great facilities, equipment and trained staff are dedicated to helping you succeed. If you and your family are serious about an active, healthier lifestyle, Y wait? Join the Y today.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

- COMING IN JANUARY
- FREE BODY PUMP
- FREE WELLNESS COACHING
- FREE CHILD WATCH
- FREE GROUP FITNESS AND CYCLING CLASSES
- REDUCED RATES ON PROGRAMS INCLUDING YOUTH SPORTS AND SWIM LESSONS
- WATER EXERCISE CLASSES
- LAP SWIMMING POOLS

FOLLOW US



**MISSION**  
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**Walnut Creek Family YMCA**  
948 73rd St., Windsor Heights  
Phone: (515) 224-1888

101-1884

[www.dmyymca.org](http://www.dmyymca.org)

Financial Assistance Available

# A new YOU

## WINDSOR HEIGHTS RESIDENTS RESOLVE TO BE HEALTHY YEAR-ROUND

By Michael Swanger

Now that the holidays are over, it is time to implement your resolution plan. Undoubtedly, many of you resolved on New Year's Eve to do a whole host of things in 2013, some of which might include leading a healthier lifestyle through a change in diet, or losing weight, or both. However, without creating an actual plan to help you stick with your health-related goals for the new year, chances are your resolutions will fade in the weeks ahead.

Christa Vander Leest, the new wellness director at the Walnut Creek Family YMCA in Windsor Heights, says January is a popular month for people to join or renew their memberships to a gym or fitness club.

"We see a lot of people in January who have made New Year's Eve resolutions to get in shape. Our traffic picks up quite a bit during the holidays because they want to make lifestyle changes," she says. "To encourage them to stick to their resolutions, we waive our joiners fee during the month of January. As a result, we see an increase in the number of applications for memberships and exercise classes."

Vander Leest says the YMCA offers a plethora of benefits to its members including fitness and cycling classes, a pool, meal plans, and weight training and cardio exercise equipment suited to accommodate members of all ages and abilities. She says exercise classes and



Photo by Michael Swanger

*Christa Vander Leest, the new wellness director at the Walnut Creek Family YMCA in Windsor Heights, says January is a popular month for people to join or renew their memberships to a gym or fitness club.*

small group training are popular among YMCA members.

"People like the friendly environment of groups, and there's a spot for everyone. You become close knit with other members of your group," she says.

Like many exercise experts, Vander Leest says seeking help from a trained fitness professional is an important step in realizing your goal to being healthy in the new year. The YMCA, for

example, offers new members the opportunity to meet with a wellness coach to discuss their goals and an exercise and nutrition routines.

"We encourage new members to meet with a wellness coach because they need to establish a baseline. The coach will ask them what they want to achieve. Is it to build muscle or to lose weight? Are they here because their doctor recommended that they exercise? There are many reasons why people join a gym," she says.



Photo by Michael Swanger

*After establishing a healthy routine of exercise and nutrition, experts say it is important to add variety to avoid physical and mental burnout.*

Twenty-eight-year-old David Sitrick of Des Moines works out six days a week for at least an hour at a time at the Walnut Creek Family YMCA in Windsor Heights. He says consistency in exercising is key to getting and staying in shape, even if you only get to the gym a few days a week.

“Try not to get out of the loop. Make time for yourself and realize that you need to be healthy,” he says. “I put in more time at the gym now than I did when I was in high school because I understand how important it is.”

Losing weight is perhaps the most common reason why people join the YMCA, Vander Leest says.

“We hear that the most. Sometimes it’s because they want to lose weight or their doctor has told them to lose weight,” she says. “When people come to the Y to lose weight, we talk to them about what’s been successful for them in the past because if they know it they’ll stick with it. That includes everything from what time of day they prefer to come to the gym, to what type of training they enjoy.”

Others join a gym this time of year to train for an athletic event in the summer or to lose weight to fit into a wedding dress.

“Maybe they need more weight training or more cardio training. It depends on the person and their goals,” says Vander Leest.

When it comes to weight training, Vander Leest says the YMCA offers a variety of pro-

grams to follow and that all exercise routines, whether they are focused on weight or cardio training, should include flexibility conditioning.

“A lot of people don’t focus on flexibility and stretching, but they can pay big dividends and help you avoid injury,” she says. “Improving your range of motion is important, especially after an intense workout.”

To help guide its members, the YMCA offers a free, online fitness tool called ActivTrax. The Web-based technology offers customized exercise and nutritional guidance based upon the needs and goals of each member. For example, it accurately prescribes the appropriate weight and number of repetitions for members to lift on certain equipment. It also creates meal plans and analyzes the member’s performance and makes necessary adjustments to their next workout.

“Members can print off their worksheets every time they come to the Y at any of our branches,” Vander Leest says. “It helps keep them accountable.”

Accountability is an important part of maintaining a healthy lifestyle. That includes not only the work that occurs in the gym, but the meals that are consumed at home and at work. Good nutrition can account for as much as 80 percent of weight loss, experts say.

“We encourage members to have a balanced diet by following the requirements established by the federal government ([\[myplate.gov\]\(http://myplate.gov\)\). Calories can add up quickly and even those who work out regularly but don’t follow a good diet are merely maintaining and not truly gaining,” says Vander Leest.](http://www.choos-</a></p>
</div>
<div data-bbox=)

After establishing a healthy routine of exercise and nutrition, Vander Leest says it is important to add variety to avoid physical and mental burnout.

“The body makes adjustments as you go along, and results can be harder to see if you keep doing the same thing all the time,” she says.

Fitness experts also warn those who join a gym for the first time about the pitfalls of warm weather in the coming months as New Year’s resolutions often fade in the spring when outdoor activities abound. They remind people that exercising is not a seasonal activity, but a year-round habit, and that to accomplish healthy goals a person must make a lifestyle change.

One of the best ways to stay committed to an exercise program is to join an exercise class.

“Our goal at the Y is to make people feel like they belong to something, so we encourage them to join a class. It provides a sense of community, and the instructor helps in making people accountable for their work,” Vander Leest says. “It also helps when you develop friendships with the instructor and participants because it is easier to become a part of your routine, and sometimes a little friendly push can help you physically and mentally.”

Sitrick says being in a comfortable environ-



Photo by Michael Swanger

David Sitrick of Des Moines works out six days a week for at least an hour at a time at the Walnut Creek Family YMCA in Windsor Heights.

ment is important when exercising. He has joined other gyms in the past but says that he enjoys working out at the YMCA the most.

"The staff and the members are friendly and willing to help, and that's one of the biggest differences I've seen between the Y and other gyms," he says, noting that he has been a member of the YMCA for five years.

Additionally, Vander Leest warns first-time gym users to be patient when awaiting results. She encourages members to start small and to establish a routine that they can fulfill at least 90 percent of the time during any given week.

"You might see results at first, then it can take time before you see more results," she says. "That's why it's important to stick with it. Sometimes it means reevaluating your goals and changing your routine or diet."

Sitrick, who plays golf and soccer, concurs with Vander Leest.

He says the gym is one of the few places where hard work truly pays off.

"The more work you put in to it, the more results you see. You don't always see that in your career or your personal life. It's an adrenaline rush for me," he says.

Vander Leest says she works out an average of 60 to 90 minutes six and sometimes seven days a week. She says that exercising not only benefits her overall physical health but enhances her life in other areas, too.

"It gives me balance, and it's a peaceful time for me when I'm exercising," she says. "My mood is always better after working out, and it's a great reliever of stress."

The wellness director says she particularly enjoys the camaraderie of the exercise classes that she teaches and has made exercising a healthy habit in her life.

"It's something I need and something I enjoy," she says. ■

## Q: Why should I try composite fillings?

**A:** Some disadvantages of amalgam or silver fillings:

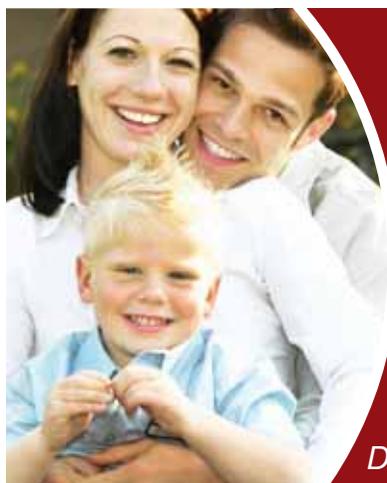
- **Poor Aesthetics.** Silver fillings don't match the color of natural teeth.
- **Destruction of more tooth structure.** Healthy parts of the tooth must often be removed to make a space large enough to hold the amalgam filling.
- **Discoloration.** Amalgam fillings can create a grayish hue to the surrounding tooth structure.
- **Cracks and fractures.** Although all teeth expand and contract in the presence of hot and cold liquids, which ultimately can cause the tooth to crack or fracture, amalgam material — in comparison with composite material — may experience a wider degree of expansion and contraction leading to a higher incidence of cracks and fractures.
- **Allergic reactions.** A small percentage of people, are allergic to the mercury present in amalgam restorations.

Advantages of composite or white fillings:

- **Aesthetics.** Composite fillings can be closely matched to the color of your existing teeth so are more aesthetically pleasing.
- **Bonding.** They actually chemically bond to tooth structure, providing greater support to the tooth.
- **Versatility.** In addition to use as a filling material for decay, composite fillings can also be used to repair chipped, broken, or worn teeth.
- **Tooth sparing preparation.** Usually less tooth structure needs to be removed when removing decay and preparing for the filling.

To maintain fillings, follow good oral hygiene practices, visit your dentist regularly, brush at least twice daily with a fluoride toothpaste and floss. ■

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



## Excellence in Dentistry

Accepting  
New Patients

Family &  
Cosmetic  
Dentistry

Dr. Dennis Winter, DDS

\$99

Cleaning, Exam and  
Necessary X-rays

New patients only! Expires 2/28/13

IOWA DENTAL ARTS, P.C.

2901 Beaver Ave. • Des Moines, IA 50310

515-277-6657

[www.iowadentalarts.com](http://www.iowadentalarts.com)

# Meet Nic Hoover

Energy all around in Clive classroom

By Rainey Cook

ining this Clive Elementary classroom are maps, cubbies and science projects. In the middle of the classroom are books, pencil boxes and small desks. Those who fill the small desks are third graders with contagious energy and bigger-than-life questions.

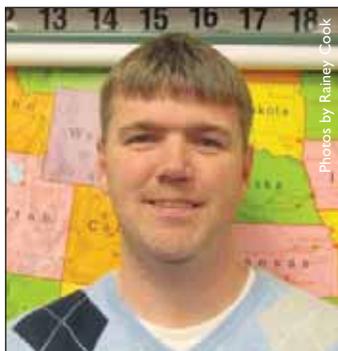
As their teacher, Nic Hoover, stands to deliver with just as much enthusiasm, it makes for a dynamic classroom that has an all-around energy to it.

Amongst the high energy, the Des Moines native understands his students really do love to learn and, more so, love to take their new facts about space, maps or even Australia home to their families. With favorite subjects of science and social studies, it's not a huge challenge for him to fill them with facts before the day's end.

Hoover has been at Clive Elementary for 12 years. He sees third graders take great pride in learning and tries to feed this love of learning every day. At this age, they still love school and respect visitors — even him — he shares.

"There is nothing in the way of their dreams," says Hoover. "It's a great age."

That statement appears to be universal. Clive Elementary listens to the sounds of 22 different languages including Bosnian, Chinese, Hindi and Nepali. There are students from countries as far away as Africa, Russia and the Philippines.



Nic Hoover teaches third grade at Clive Elementary.

All statistics aside, Hoover says third grade is high energy and fun. The respect, pride and laughter from the students to Hoover are evident that there are a lot of good things to like about him as well.

More excitement fills the classroom air as Hoover and his third graders get ready to share their love of learning with residents of local nursing homes. Their upcoming annual field trip is to take a stack of their favorite books and read to the elderly. Third graders look forward to this every year — and so do the residents.

When not teaching, Hoover and his wife and son can be found with season tickets to any Iowa State University football or basketball game. During Iowa's nice weather, he golfs. With his wife also in education, the two of them have great interest in coaching Special Olympics. ■



Cindy Skeie and her two dogs have a Colby Brick on 66th Street that's just the right size for all of them.

# Just her size

Skeie transforms tiny house into colorful home

By Rainey Cook

What is it about Windsor Heights' Colby Brick homes that have homeowners (and visitors) feeling tucked-in, warm and friendly, yet dissimilar, individual and even nostalgic?

Is it the rounded entryways or the original hardwood floors? Is it the size of the bedrooms that leave most wondering how to fit in a queen-sized bed and a dresser? Or is it those one-car back-of-the-house garages? Surely, it's not the ridiculously small kitchens? The size of those kitchens leave many women today wondering how women of the '30s actually cooked and moved about in the tiny space.

For most Colby Brick lovers, the answer to all those questions is simply "Yes."

Cindy Skeie's Colby Brick at 1418 66th St. is no exception. In fact, the perfectly small size of this delightful home is the very reason she bought it.

"It's just my size," says Skeie. "Not too much and just enough to handle."

Once you enter through the rounded entryway, you're welcomed by a multitude of color, art and throw pillows. The soft orange above the fireplace pops. The plush red chair in the living room blends with the rounded

antique rocking chair with a lime green pillow, making it a show-room of well-thought-out décor.

The purple dining room displays fun personal photos and a built-in china cabinet painted a darker purple. The table in this room is the perfect size. The windows bring in light that touches all walls.

Not all this color was here when Skeie bought the house. Most of the original oak trim and walls were painted a light cream. She stripped the trim (and the registers and the baseboards) and worked very hard to get it back to a natural look. None of the light cream paint on the walls remains.

Through the tiny kitchen and down the stairs takes you to the basement... where one car used to park. This early 1930s home had that back-of-the-house garage. Skeie removed the garage door and most of the concrete and now has her personal studio where she houses her passion — photography.

The attic is the master bedroom. This space is just as creative as the rest. With hardwood floors, short swing doors to the closet and two skylights, it's an intelligent remodel. The purples, cobalt blue, lime green and aqua colors make it a dreamy and fun space.

Skeie has loved living here for 20 years. ■

## What do you like best about your teacher?



Tyler O'Brien: "There's a lot of good things."



Sun Van Bosch: "He's really funny."



Dion Hutch: "He's fun. He's awesome. And that's a true fact."



Quincie Clayton: "He rocks."

## Friday, Jan. 18

- Rock the River with DJ Cruz, 8 - 11 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- RHS 9/J/V Girls Basketball vs. Indianola, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. Indianola, 4:45/6:15/7:45 p.m.
- VHS 9/J/V Girls Basketball vs. Urbandale, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball vs. Urbandale, 4:45/6:15/7:45 p.m.

## Saturday, Jan. 19

- RHS V Wrestling at Urbandale, 10 a.m.
- VHS 9 Girls/Boys Basketball at Gilbert, 9/10:15 a.m.
- VHS JV Wrestling at Dowling, 9 a.m.
- VHS V Boys Swimming at Johnston, 11 a.m.

## Sunday, Jan. 20

- Inauguration Day

## Monday, Jan. 21

- Martin Luther King Jr. Day
- No School - DMPS
- No School - WDMPS
- Council Meeting, 6 p.m., Council Chambers.
- RHS JV Boys Bowling at Urbandale, 3:30 p.m.
- RHS V Girls/Boys Bowling at Urbandale, 3:30 p.m.
- RHS JV Boys Basketball at DM Lincoln, 7 p.m.
- Riders' Club Meeting, 6:30 p.m., HS Library.
- VHS J/V Girls/Boys Bowling vs. Waukee, 3:45 p.m.
- VHS JV Boys Swimming at Johnston, 5 p.m.
- VHS JV Boys Basketball vs. Urbandale, 6:30 p.m.
- VHS 9 Boys Basketball at Urbandale, 7 p.m.

## Tuesday, Jan. 22

- RHS J/V Boys Swimming at 8 Windsor Heights Living

- Boone, 6 p.m.
- RHS J/V Wrestling vs. Valley, 6:30/7:30 p.m.
- RHS 9/J/V Girls Basketball at DM East, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball at DM East, 4:45/6:15/7:45 p.m.
- VHS 9/10/V Boys Basketball at Fort Dodge, 4:45/6:15/7:45 p.m.
- VHS 9/J/V Girls Basketball at Fort Dodge, 4:45/6:15/7:45 p.m.
- VHS J/V Wrestling at DM Roosevelt, 6:30/7:30 p.m.

## Wednesday, Jan. 23

- Planning & Zoning Meeting, 4:30 p.m., City Hall.

## Thursday, Jan. 24

- Family Night, 5-9 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- RHS J/V Girls/Boys Bowling at SEP, 3 p.m.
- RHS J/V Wrestling vs. DM East, 6:30/7:30 p.m.
- VHS J/V Girls/Boys Basketball at Ankeny, 3:30 p.m.
- VHS J/V Wrestling vs. Urbandale, 6:30/7:30 p.m.

## Friday, Jan. 25

- Rock the River with DJ Cruz, 8- 11 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- RHS J/V Girls Basketball vs. DM North, 4:45/6:15 p.m.
- RHS 9/10/V Boys Basketball vs. DM North, 4:45/6:15/7:45 p.m.
- VHS 9/J/V Girls Basketball vs. Dowling, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball vs. Dowling, 4:45/6/7:45 p.m.

## Saturday, Jan. 26

- VHS Jazz Fest, VHS Band Hall
- Windsor Heights Legislative Coffee, invitations have been extended to Representative Peter Cownie, Chris Hagenow, State Senator Charles Schneider, Supervisor Robert

- Brownell, 9-10:30 a.m., 3E, 953 73rd St
- Community Coffee Club, 9 - 10:30 a.m., Grounds for Celebration.
- RHS JV Wrestling at Valley, 9 a.m.
- RHS V Wrestling at Webster City, 10 a.m.
- RHS 9 Girls/Boys Basketball vs. Urbandale, 10/11:30 a.m.
- RHS J/V Boys Swimming Invitational, noon
- RHS 10/V Boys Basketball vs. Urbandale, 1/5:30 p.m.
- RHS J/V Girls Basketball vs. Urbandale, 2:30/4 p.m.
- VHS JV Wrestling Invitational, 9 a.m.
- VHS JV Boys Basketball at Waukee, 10 a.m.
- VHS Debate Tournament at Emory University

## Sunday, Jan. 27

- Icebreaker Indoor Triathlon at Walnut Creek YMCA.

## Monday, Jan. 28

- RHS J/V Girls/Boys Bowling vs. DM Lincoln, 3:15 p.m.
- RHS 9 Girls/Boys Basketball vs. DM Lincoln, 6:30/8 p.m.
- WDMPS School Board Workshop, 5:15 p.m., Learning Resource Center.
- VHS JV Boys Bowling vs. Urbandale, 3:30 p.m.
- VHS V Girls/Boys Bowling vs. Urbandale, 3:30 p.m.
- VHS JV Boys Basketball vs. Dowling, 6:30 p.m.
- VHS 9 Girls/Boys Bowling at Dowling, 7/8:15 p.m.

## Tuesday, Jan. 29

- RHS JV Wrestling at Ames, 4:30 p.m.
- RHS J/V Girls Basketball vs. DM Lincoln, 4:45/6:15 p.m.
- RHS 10/V Boys Basketball vs. DM Lincoln, 4:45/7:45 p.m.
- Roughrider Roundup, all incoming 9th graders and families are invited to this open house to learn more about what Roosevelt has to offer, 5-6 p.m., DM Roosevelt.

- VHS 8 Boys Basketball at Ankeny Centennial, 4:30 p.m.
- VHS JV Wrestling Meet, 4:30 p.m.
- VHS 9/J/V Girls Basketball at Waukee, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball at Waukee, 4:45/6:15/7:45 p.m.

## Thursday, Jan. 31

- Family Night, 5-9 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- RHS J/V Girls/Boys Bowling vs. DM North, 3:15 p.m.
- VHS J/V Girls/Boys Bowling at Fort Dodge, 3:30 p.m.
- VHS 8 Boys Basketball at Indianola, 4:30 p.m.
- VHS 8 Boys Basketball vs. DCG, 4:30 p.m.
- RHS Bridges to Harmony Concert, 7 p.m., Auditorium.

## Friday, Feb. 1

- Rock the River with DJ Cruz, 8- 11 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- RHS V Wrestling at SEP, 3:30 p.m.
- RHS 9/J/V Girls Basketball at Ankeny Centennial, 4:45/6:30 p.m.
- RHS V Girls Basketball at Ankeny, 6:15 p.m.
- RHS 10 Boys Basketball at Ankeny Centennial, 4:45 p.m.
- RHS 9/V Boys Basketball at Ankeny, 6:15/7:45 p.m.
- VHS Large Group Speech Contest
- VHS V Wrestling at SEP, 3:30 p.m.
- VHS 9/J/V Girls Basketball at Urbandale, 4:45/6:15/7:45 p.m.
- VHS 9/10/V Boys Basketball at Urbandale, 4:45/6:15/7:45 p.m.

## Saturday, Feb. 2

- Groundhog Day
- Large Group Speech Contest
- V Boys Swimming Districts
- RHS Winter Formal Dance, 7:30-10 p.m.
- VHS Winter Dance, 8 p.m., Val Air Ballroom.

■ Hog Wild Winter Hike, peaceful winter hike while focusing on what animals do to survive winter, 1-2 p.m., Brown's Woods, west of 63rd St

## Monday, Feb. 4

- VHS JV/V Girls/Boys Bowling at Waukee, 3:30 p.m.
- VHS JV Boys Basketball at Urbandale, 6:30 p.m.
- VHS 9 Boys Basketball vs. Urbandale, 7 p.m.
- VHS Drama Booster Club Meeting, 6:45 p.m., VHS Cafeteria.
- RHS JV Boys Basketball vs. Ankeny, 7 p.m.

## Tuesday, Feb. 5

- RHS 9/JV/V Girls Basketball vs. Johnston, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. Johnston, 4:45/6:15/7:45 p.m.

## Wednesday, Feb. 6

- V Wrestling Regionals
- Preschool Story Time and Craft, no registration, park in lot by playground, use door where balloons are flying, 10 a.m., St. Theresa Catholic School, 5810 Cara Carpenter Ave.

## Thursday, Feb. 7

- Family Night, 5-9 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- VHS V Girls/Boys Bowling at Johnston, noon
- VHS 8 boys Basketball at Norwalk, 4:30 p.m.
- RHS V Girls/Boys Bowling Tournament at Ottumwa, 2 p.m.
- RHS JV Wrestling at Boone, 5:30 p.m.

## Friday, Feb. 8

- Rock the River with DJ Cruz, 8-11 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- Stilwell Junior High School Dance,

5:30 p.m.

- VHS 9/JV/V Girls Basketball vs. Johnston, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball vs. Johnston, 4:45/6:15/7:45 p.m.
- RHS 9/JV/V Girls Basketball at Ottumwa, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball at Ottumwa, 4:45/6:15/7:45 p.m.
- "Ballyhoo Foxtrot Orchestra" doors open at 6:45 p.m. for a wine reception, 7:30 p.m. performance time, \$25 adults, \$22.50 members, \$15 students, Salisbury House.

## Saturday, Feb. 9

- ACT Test Date
- V Wrestling Districts
- V Boys State Swimming
- VHS Band SCIBA Large Group Festival at Norwalk
- VHS 9/JV/V Girls Basketball vs. Waukee, 3/4:30/6 p.m.
- VHS 9/10/V Boys Basketball vs. Waukee, 3/4:30/7:30 p.m.

## Monday, Feb. 11

- VHS JV Boys Basketball at Johnston, 7 p.m.

## Tuesday, Feb. 12

- Fat Tuesday
- Lincoln's Birthday
- VHS Sweethearts Show, 6 p.m., Valley Auditorium.
- VHS 8 Boys Basketball vs. Waukee, 4:30 p.m.
- RHS 9/10/V Boys Basketball at Waukee, 4:45/6:15/7:45 p.m.

## Wednesday, Feb. 13

- Ash Wednesday
- V Girls Basketball Regionals
- V Wrestling State Tournament

## Thursday, Feb. 14

- Valentine's Day

- V Wrestling State Tournament
- V Girls Bowling Regionals
- V Boys Bowling Districts
- Family Night, 5-9 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.
- VHS 8 Boys Basketball at Ames, 4:30 p.m.
- VHS Sweethearts Show, 6 p.m., Valley Auditorium.

## Friday, Feb. 15

- No School- WDMPS
- V Wrestling State Tournament
- Rock the River with DJ Cruz, 8-11 p.m., Brenton Skating Plaza, 520 Robert D Ray Dr, Des Moines.
- VHS 9/10/V Boys Basketball at DM North, 4:45/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. Ames, 4:45/6:15/7:45 p.m.

## Saturday, Feb. 16

- V Wrestling State Tournament
- V Girls Basketball Regionals
- V Girls Bowling Regionals
- V Boys Bowling Regionals

## Monday, Feb. 18

- President's Day
- No School- DMPS
- Council Meeting, Council

Chambers.

- VHS 8 Boys Basketball vs. Ankeny, 4:30 p.m.
- VHS 8 Boys Basketball at Waukee, 4:30 p.m.
- VHS Orchestra Guild Meetings, 7 p.m., VHS Orchestra Room.
- RHS Riders' Club Meeting, 6:30 p.m., Library.

## Tuesday, Feb. 19

- V Girls Basketball Regionals
- V Wrestling State Tournament

## Thursday, Feb. 21

- Family Night, 5-9 p.m., Brenton Skating Plaza, 520 Robert D. Ray Drive, Des Moines.

## Friday, Feb. 22

- V Boys State Bowling Tournament
- V Girls State Bowling Tournament
- V Boys Basketball Substate Tournament
- VHS Stilwell Junior High Mime Show, 7 p.m., Stilwell Junior High.
- Rock the River with DJ Cruz, 8-11 p.m., Brenton Skating Plaza, 520 Robert D Ray Dr, Des Moines.



View events and happenings from this community and others at [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com)

Give the gift of instant stress relief!

**TAKE \$10 OFF**  
a 1-Hour Massage of your choice.  
*Expires February 28, 2013*

**Lacey Boles**  
Licensed Massage Therapist

**Harmony Massage**

1239 73rd St. • Ste. G • Windsor Heights  
515-255-5611 • [www.mybody.massagetherapy.com](http://www.mybody.massagetherapy.com)



# Windsor Wave

Pass it on • "Wave" to a Friend

JANUARY 2013

City of  
Windsor Heights  
1133 66th Street  
Windsor Heights, IA 50324  
(515) 279-3662  
www.windsorheights.org

## WELCOME NEW CITY ADMINISTRATOR!

Jeffrey A. Fiegenschuh, Windsor Heights' new City Administrator comes to our community with over 9 years of municipal management experience. Jeff began his career as the City Administrator in David City before moving with his family to become the City Administrator in Sac City, IA in 2005. From 2008 through 2011 Jeff proudly served as the City Manager in Princeton, IL. Most recently he served as the Village Administrator in Shorewood, IL. Jeff earned his Bachelor of Science Degree from Wayne State College and his MPA from the University of Nebraska at Omaha. Jeff is married to Crystal Fiegenschuh and has three wonderful children; Courtney (16), Abbey (12) & Carter (10). According to Mr. Fiegenschuh he wants to continue to build upon the past success of the community. "Windsor Heights has a great tradition of excellence and I'm excited to work with Mayor Sullivan, the City Council, City staff and our residents to continue this proud tradition." Please feel free to call or stop by to visit Jeff at anytime. His direct phone number is 645-6808.



## WINDSOR HEIGHTS SUSTAINABLE SPRING SERIES RETURNS IN 2013

Last year the City of Windsor Heights hosted the first ever Sustainable Spring educational series in the Community and Events Center in Windsor Heights' Colby Park. Due to its success we have put together a 2013 Program with the help of a Metro Waste Authority Grant to bring more of these events to residents. These educational presentations will be free of charge to attend and will cover a wide variety of topics along with some giveaways.

Starting on Thursday, February 21st and continuing on the third Thursday of each month through May, we hope the information provided will assist home owners in our efforts to become a greener community. Look for the official press release to come out in mid January for up to date information on these presentations and how to RSVP. Each program will begin at 5:30 p.m and the dates have been determined as follows:

- Thursday, February 21st
- Thursday, March 21st
- Thursday, April 18th
- Thursday, May 16th

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

# Annual Legislative Coffee

Saturday, January 26th • 9am - 10:30am  
3E Conference - 953 73rd Street  
*Sponsored by the WH Chamber of Commerce*

## THE STORMWATER STORY IOWA STORMWATER EDUCATION PROGRAM

Rainfall and snow melt keep gardens green, streams and rivers full, and wells from running dry. However, stormwater problems can occur when there is too much of a good thing, or when excessive pollution and changes in land use prevent natural infiltration and filtering processes from taking place.

### STORMWATER CHALLENGES

Once rain reaches the ground, what happens next depends largely on land cover type. Rain falling in a prairie is slowed, filtered, and absorbed as it makes its way into the ground or to the nearest stream, river, or reservoir. In contrast, hard, impervious surfaces such as roof tops and roads send stormwater rushing to the nearest ditch, culvert, storm drain, and stream. This stormwater picks up pollutants, such as heavy metals, gas, oil, nutrients, and sediment, along the way. Uncontrolled stormwater erodes stream banks, causes flooding, and carries nutrients and sediment downstream. An excess of nutrients contributes to the expansion of oxygen-depleted “dead zones” in local and regional waterways.

### STORMWATER SOLUTIONS

To improve the quality and reduce the quantity of stormwater runoff,

before it enters natural waterways, stormwater Best Management Practices, or BMPs, are promoted throughout Iowa’s residential and commercial areas. BMPs range from structural facilities, such as ponds, bio-retention areas, to non-structural practices, such as street-sweeping and educational efforts.

### SIMPLE THINGS RESIDENTS CAN DO

There are several simple things residents can do to ensure stormwater facilities function properly and the downstream aquatic environment is protected.

- Pick up after pets, always. Place their waste in the trash or flush it down the toilet.
- Place motor oil, paint and antifreeze in separate sturdy containers and recycle them at a local disposal facility. Never pour them down the storm drain.
- Compost yard waste or bag it for municipal collection.
- Recycle or put litter in the trash.
- Fertilize in the fall, if at all, to reduce algal blooms.
- Call your City or County government, local Fire Department, or Iowa Department of Natural Resources if there is a visible oil spill or other liquid spill into a waterway.



## BREAKOUT & BEAD

*Leave the cabin fever and weather behind  
and join in some beadin' fun.*

### BEAD FAIR 2013

13th Annual Bead Fair at the Windsor Heights  
Community & Events Center 69th and School.



**SAT. FEB. 16th**  
10 am - 4 pm

**SUN. FEB. 17th**  
10 am - 3 pm

*Many vendors from Iowa,  
Minnesota, Nebraska, Missouri  
and Illinois with all kinds of beads  
and beading supplies.*

**ADMISSION: \$3.00**

**ARLENE BUTZ, COUNCIL MEMBER • BETTY GLOVER, COUNCIL MEMBER • DAVE BURGESS, COUNCIL MEMBER**

## Q: How careful must a person be when cleaning dentures?

**A:** Dentures are very fragile. Dropping one just a few inches into a sink, say, can be an expensive slip. When you're handling dentures, stand over a basin full of water or over a plump, folded towel. When they're not in your mouth, keep them out of reach of children and pets. Dogs find them irresistible.

Just like natural teeth, dentures have to be kept clean. That will keep them from getting stained and will contribute to the overall health of your mouth. Using a brush that is designed for denture cleaning, wash away all food particles. When buying a denture-cleaning product, make sure it carries the American Dental Association Seal of Acceptance. That seal means the product has been approved by independent testing for both safety and effectiveness.

Dentures can lose their shape if they dry out, so when you're not wearing them, keep them in an approved denture-cleaning soak or in water. Don't put them in hot water, however, because that can warp them. Talk with your dentist about other steps in the proper care of your dentures. ■

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



# Whole wheat bread

Perfect accompaniment to homemade soup

By Beth McDonald

Winter is now here, and it is the season for comfort foods such as homemade soups and casseroles.

In addition to making the soup from scratch, I really like to make the bread to go with the soup. There is no need to be scared of making bread because it's easier to make than you may think, but it takes time. I usually start bread at night before I go to bed and get up in the middle of the night to work it and eventually get it in the oven so it is nice and fresh in the morning and still warm.

I bake with yeast frequently, so I usually buy this in the jar instead of the prepackaged packet. If you use the jar of yeast, keep it in your freezer to prolong the shelf life. Another key to successful bread is having your water or milk at the right temperature for your yeast. I use my meat thermometer to make sure the liquid is at the right temperature before I even start. It is also important to ensure your bread is in a warm spot to rise properly. I have found that the under-cabinet lights in my kitchen create the perfect amount of heat. I hope you give this a try. ■



## Whole wheat bread

### Ingredients

- 1/4 cup molasses
- 1 tbsp. of salt
- 3 tbsp. of oil
- 1/2 cup of milk (scalded)
- 2 tbsp. of quick-rise yeast
- 3/4 cup of water
- 3 cups of whole wheat flour
- 4 cups of sifted flour

### Directions

1. Add molasses, salt and shortening to milk so it cools to lukewarm.
2. Warm water to 110 degrees and then add yeast. Combine yeast with
3. Turn onto floured board and let rest for 10 minutes, then knead until smooth and elastic.
4. Place in a greased bowl, cover and set in a warm place until it doubles (about 40 minutes). Without punching down put on a lightly floured board and divide into 2 loaves then place in greased 9x5x3 pans.
5. Cover and let rise again for about 40 minutes. Bake at 375 degree oven for about 50 minutes.

Beth McDonald is a wife and mother and works full time in Des Moines.



## Des Moines Dental Group

is a full service dental facility offering the finest in preventative and restoration services for *the entire family!*

We offer...

- Preventative Dentistry
- Root Canals
- Dentures – partial and complete
- Crowns and Bridges
- Treatment of Gum Disease
- Cosmetic Dentistry



Dr. Robert Cram, D.D.S.



Dr. Andris Kirsis, D.D.S.

### URBANDALE

8515 Douglas ■ 278-2361  
Omega Place, Suite 21

### DES MOINES

2333 McKinley ■ 287-3251  
4405 SW 9th ■ 287-3588



[www.dmdentalgroup.com](http://www.dmdentalgroup.com)

New patients are always welcome!

# Five questions to help pursue goals

Answers will take work and expertise

As you strive to achieve your long-term goals, such as a comfortable retirement, you may, at times, feel frustrated over events you can't influence, such as the up-and-down movements of the financial markets. Yet there is much you can control — once you determine the answers to just five key questions.

• **Where am I today?** Take stock of all your assets — your IRA, 401(k) and other savings and investment accounts. Then, do the same for your debts, such as your mortgage and any other financial obligations. It is essential to know your starting point.

• **Where would I like to be?** Once you have established where you are today, you'll need to identify where you'd like to be tomorrow. How much will you need to pay for the retirement lifestyle you've envisioned? Will you be able to help pay for your children's or grandchildren's college education? Will you need to support any other family members? At this stage, you'll want to write down all your goals and put a price tag on each one.

• **Can I get there?** After you have identified your goals, determine if they are, in fact, achievable. By considering a variety of factors — including your likely future income stream and your family situation — you should be able to determine if you can attain your goals or if you need to modify them in some way.

• **How do I get there?** Now it's time to put strategy into action. Specifically, you need to choose those investments that can help you pursue the goals you've



selected. Your ideal portfolio will depend on your risk tolerance and time horizon, but in general, you'll want a diversified mix of quality investments. While diversification, by itself, cannot guarantee a profit or protect against loss, it can help reduce the effects of volatility.

• **How can I stay on track?** Once you've built your investment portfolio, you'll need to review it regularly — at least once a year — to help ensure it's still meeting your needs. After all, many things can and will change in your life, such as your family situation, your goals, your employment and your risk tolerance. To address these changes, you will need to adjust your portfolio over time.

It may be beneficial to work with a financial advisor to help identify your goals and create a strategy for pursuing them so you can breathe easy knowing you have a plan in place for the future.

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

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

## Having More Retirement Accounts is **Not The Same** As Having More Money.

When it comes to the number of retirement accounts you have, the saying "more is better" is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you're properly diversified.\* At the very least, multiple accounts usually mean multiple fees.

Bringing your accounts to Edward Jones could help solve all that. Plus, one statement can make it easier to see if you're moving toward your goals.

\*Diversification does not guarantee a profit or protect against loss.

**To learn why consolidating your retirement accounts to Edward Jones makes sense, call your local financial advisor today.**



**Matt Kneifl, CFP®, AAMS®**  
Financial Advisor  
1100 73rd Street  
Windsor Heights, IA 50324  
515-279-2219

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING

## Providing Insurance and Financial Services



**Matt Cale**  
Agent



Like a good neighbor, State Farm is there.®  
6733 University Ave. • Windsor Heights  
280-9000 • [www.mattcale.com](http://www.mattcale.com)

# EXPERIENCED ATTORNEYS

SINCE 1987



*Top Row:*

Joe Wallace, Thomas Sherzan

*Bottom Row:*

Mark Abendroth, Dave Russell, Ross Barnett, Chris Low

- Wills and Trusts
- Estate Planning
- Probate
- Powers of Attorney
- Real Estate Transactions
- Small Business Representation



ABENDROTH  
AND RUSSELL  
LAW FIRM

2560 - 73rd Street ▶ Urbandale

515.278.0623

[www.ARPCLaw.com](http://www.ARPCLaw.com)



legal briefs

By Ross Barnett

## Good intentions, bad results

Beware of placing child's name on home title

By Ross Barnett, attorney, **Abendroth and Russell Law Firm**

The best of intentions can lead to the worst of results. With some frequency, an older person will place his or her child's name on title to their house. The goal is to avoid probate and to smooth the transition in ownership. However, it is not advisable for a number of reasons.

First, probate isn't bad. Barring unforeseen circumstances, the entire probate process should take less than six months. The fees and costs are dependent upon the size of the estate, so it is always financially feasible to go through probate.

Second, giving someone a house is a gift. Under the current laws, a person can give up to \$13,000 per recipient per year. If the value of the property is more than that, a gift tax return is due.

Third, there is a capital gains tax problem. When a person inherits assets, he or she also inherits the decedent's date-of-death value as the basis. This is commonly called the "stepped-up" basis and is designed to prevent people who inherit property from paying capital gains tax. But with a gift, the basis is the donor's basis. This may mean that there is a very large difference between the acquisition price and the sales price, resulting in a large capital gains tax bill.

Fourth, there are liability issues. The judgments and liens of all titleholders attach to real estate they own. If your house is your homestead, there is a general



exemption from liability. But if you add a non-occupant to title (like your children), all of their liabilities attach and can be enforced against title to your home.

Finally, there are sometimes practical problems with multiple titleholders. If you want to sell your home, all titleholders and their spouses must agree to and participate in the conveyance. If all titleholders are in agreement, there may still be logistical problems in circulating the documents for everyone to sign. If titleholders squabble or don't get along with each other, the issues can usually only be resolved after lengthy and expensive litigation.

It is much better practice to prepare a last will and testament, directing the division of your assets. You can also create a revocable trust to hold and manage your property. Inheriting real estate eliminates the gift tax, capital gains tax, and personal liability issues. ■

Information provided by Ross Barnett, attorney for Abendroth and Russell Law Firm, 2560 73rd St., Urbandale, 278-0623, [www.ARPCLaw.com](http://www.ARPCLaw.com).



# Godfather's Pizza

A PIZZA YOU CAN'T REFUSE.

[www.godfathers.com](http://www.godfathers.com)

**WE DELIVER!**



## HOG WILD FEAST

- MEDIUM HOG WILD PIZZA OR ANY SPECIALTY PIZZA
- MEDIUM 1-TOPPING PIZZA
- CINNAMON STREUSEL

Upgrade to larges for \$6 more

For Only

**\$22<sup>99</sup>**

# GO HOG WILD FOR OUR NEW HOG WILD FEAST

*We pile on the diced ham, sliced Italian sausage, crisp bacon, onion and mounds of mozzarella on this new pizza.*



### JOIN OUR EMAIL CLUB!

Name: \_\_\_\_\_  
 Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 DOB: \_\_\_\_\_

Hand to cashier or sign up online at [www.godfathers.com](http://www.godfathers.com).

## DELIVERY HOURS

Sunday–Thursday 11am–8:30pm  
Friday and Saturday 11am–9:30pm  
\$3.00 delivery charge

## GODFATHER'S PIZZA CATERS!

### REGULAR HOURS

Sunday–Thursday 8:30am–9:00pm  
Friday and Saturday 8:30am–10:00pm

ORDER ONLINE AT [WWW.GODFATHERS.COM](http://WWW.GODFATHERS.COM)

**3 LOCATIONS IN THE METRO!**

8801 HICKMAN RD  
278.8100

4119 UNIVERSITY AVE.  
277.6344

5919 ASHWORTH RD  
226.8880

# \$10 OFF

any purchase of \$20 or more

Limit one offer per coupon.  
Not valid with any other discount or special or value deals.  
Minimum order of \$15 for delivery. Does not include \$3 delivery fee.  
Offer good through 3/3/13. WHL



# \$15 OFF

any purchase of \$30 or more

Limit one offer per coupon.  
Not valid with any other discount or special or value deals.  
Minimum order of \$15 for delivery. Does not include \$3 delivery fee.  
Offer good through 3/3/13. WHL



## LARGE PIZZA FOR THE PRICE OF A MEDIUM

Limit one offer per coupon.  
Not valid with any other discount or special or value deals.  
Minimum order of \$15 for delivery. Does not include \$3 delivery fee.  
Offer good through 3/3/13. WHL



## \$4 OFF JUMBO \$3 OFF LARGE \$2 OFF MEDIUM

Limit one offer per coupon.  
Not valid with any other discount or special or value deals.  
Minimum order of \$15 for delivery. Does not include \$3 delivery fee.  
Offer good through 3/3/13. WHL



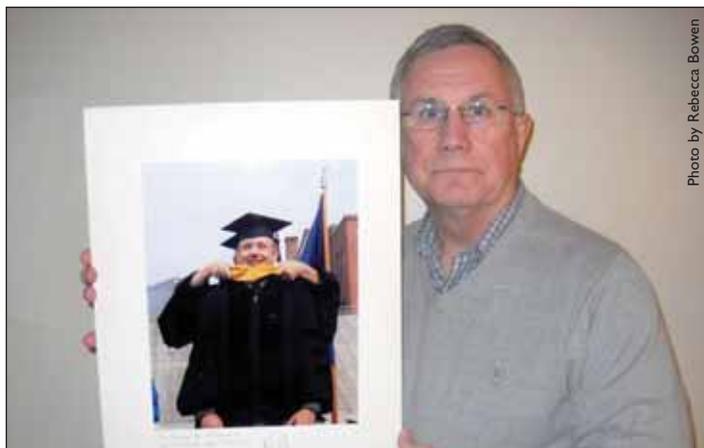


Photo by Rebecca Bowen

Steve Peterson was a member of the Drake University yearbook staff when he took this photo of Neil Armstrong getting an honorary degree in 1972.

# Autographs

Peterson treasures signed photos of astronaut

By Rebecca Bowen

With the recent passing of the first man to step on the moon, Neil Armstrong, Windsor Heights former City Council member Steve Peterson was able to commemorate the astronaut with a piece of history in a way that many other people could not.

As a young photojournalist for the yearbook at Drake University, Peterson was fortunate enough to be allowed to join Armstrong on the stage and capture photos of the Good Samaritan receiving his first honorary doctorate degree in 1972 from the University.

"Nobody else was on stage taking pictures," Peterson commented. "I was the only one from Drake to have these pictures."

Peterson would later send Armstrong two sets of the photos, one for him to keep and one in hopes he would autograph them and send them back as a keepsake.

"He did not give out autographs often," Peterson says. "He would always say that he was just doing his job."

To Peterson's delight, Armstrong sent back the autographed photos, which he now can proudly show when commemorat-

ing the great astronaut.

"They are quite a treasure for me," Peterson says.

Armstrong, who passed away in August 2012, was not only the first man on the moon in Apollo 11, but also the one to utter the famous phrase, "One small step for man, one giant leap for mankind."

Peterson, who stores his portrait-sized, autographed photos in a box in his garage, had each of the four colorful pictures matted on black paper.

"I knew I wanted to keep them nice," commented Peterson. "The last one is my favorite."

The photo Peterson refers to shows a grinning Armstrong decked out in his robe and honorary hood to certify his newly-obtained honorary degree. Inscribed on the bottom of the photo is a special note to Peterson himself, thanking him for the photos and sincere best wishes.

Although Peterson never pursued a career in photojournalism he says, "I never would've gotten this opportunity had I not been working for the school yearbook, I feel very fortunate for the opportunity to have met such an important figure." ■

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



Lent begins with Ash Wednesday, celebrated at Windsor Presbyterian Church and Windsor Heights Methodist Church on Feb. 13.

# Time of reflection

Churches prepare to observe Lenten season

By Dave Mable

As the season strolls along under the on-again/off-again rays of the fickle sun, it's time for folks to once again prepare for the season of Lent. Arguably the most important epoch on the liturgical calendar, Lent is the time when believers commit to fasting or giving up certain luxuries as a form of penitence.

Lent traditionally lasts for 40 days in remembrance of the 40 days that Jesus endured, fasting in the wilderness and resisting the temptation of Satan. In the early church, Lent was a time that was used to prepare new converts for baptism. Today, many use this time to focus on their relationship with God, often choosing to give up something or volunteer and give their time to something more than themselves.

This year Lent will begin on Ash Wednesday, Feb. 13. Both **Windsor Presbyterian Church** and **Windsor Heights Methodist Church** will host a community Ash Wednesday service at 7 p.m. to mark the beginning of the Lenten season. The Imposition of Ashes will be included in the worship service. Additionally, there will be a free soup supper before the worship from 6 - 7 p.m. with a freewill offering to benefit the Des Moines Area Religious Council

food pantries.

As the time for self-examination and reflection approaches many, some have all ready begun the course. Beginning the weekend of Jan. 19 - 20, **Walnut Creek Community Church** will no longer be known as such. Instead it will be Walnut Creek Church.

## Spread the Word

Have an upcoming event or church news you would like to announce? Send information to [darren@dmcityview.com](mailto:darren@dmcityview.com).

Why would a church remove "community" from its name?

For Matt Crummy, creative director at Walnut Creek Church, it was easiest to describe in a business sense.

"Your brand is the way people talk about it, refer to it," says Crummy.

But the bigger picture is what's really important. Though the word "community" may have been removed, the meaning remains as steadfast as ever. For those who aren't familiar, there are five Walnut Creek Churches in the greater Des Moines Area, but Crummy reminds that, "We're one church with multiple locations." ■

# New benefits in the new year

Chamber members to see even more value

By Betty Ridout, president, Windsor Heights Chamber

Welcome to 2013! Glad to see you here. This annual milestone is our reminder that although change is a constant reality of life, New Year's resolutions give us the chance to manage some of our alterations.

Of course, navigating change is of particular concern to business professionals who want to achieve success. Those of us with the Windsor Heights Chamber know this well, so we continue to adapt our programs and add more value for our members. Here are just a few of the new benefits in 2013:

**Show and Sell.** We'll be hosting the first Windsor Heights Shop Where You Roost Expo, which will be held at the Windsor Heights Community and Events Center Thursday, Nov. 7 from 5 - 9 p.m. This event will be highly publicized and will provide the chance for residents and neighbors to learn about, sample and buy from member merchants. Booth space is available at no charge to members — but space will be limited, so sign up quickly to reserve yours!

**Partner Marketing** with other businesses is a powerful method of boosting your business outlook. The trick is finding business professionals who share your interests and needs and who understand how to deploy a plan. This year the Windsor Heights Chamber introduces our program to help. We'll promote and share our list of businesses that are interested in working with other member businesses. No cold calls necessary to pitch ideas as we've already initiated the discussion and also provide ideas along with the up-to-date list.

Sometimes you just need some business therapy — someone to



sound off your ideas to, someone who gets what you strive for and who may have ideas to help boost your creativity. The Windsor Heights Chamber will facilitate the formation and meeting of the Master Minds group in 2013. This will be a professional group made up of people who have indicated an interest in meeting once a month with other professionals to help harness the power of the master mind. This is not just networking but also finding your way to success with the support and encouragement of like-minded professionals, who've got your back.

The Windsor Heights Chamber Board will be knocking on doors and stopping in to call on all our area businesses. Take a few minutes to speak with them, ask questions and then please sign up to become a member. We are here so that all of us can enjoy a successful 2013 together.

#### Upcoming events

**Jan. 26:** Windsor Heights Legislative Coffee, 3E, 953 73rd St., 9 - 11 a.m., open to the public.

**Feb. 8:** Windsor Heights Bowling Blitz, Val Lanes, 100 Ashworth Road, 6 - 8 p.m. To register your team, please contact: windsorheightschamber@live.com. ■

## Holiday lighting contest winners announced

Winners of the 2012 holiday lighting contest in Windsor Heights are:

District 1: Brandon and Sarah Haines, 1910 78th St.

District 2: Michael and Marta Clark, 7222 Washington Ave.

District 3: Tyler and Carrie Kruse, 6423 Northwest Drive.

District 4: Joseph and Kristen Mahoney, 6718 Elmcrest Drive.

District 5: Barbara Stetzel, 7141 Forest Drive.

District 6: Michael Diehl and Margaret Brekke-Diehl, 1034 66th St.

Tyler and Carrie Kruse's lighting in District 3 was named Best of the Best. District winners receive a \$50 prize and the Best of the Best an additional \$50.

The Windsor Heights Foundation Board also gives special recognition to the extensive daytime and nighttime decorations done by past winners Fred and Peggy Frye, the "gingerbread house" at 1233 70th.

Special mention is made, also, of the lighting done by most of the residents of Elmcrest Drive between 66th and 68th Street.

Noting that Windsor Heights seems more "lit up" than usual this year, the Foundation Board of Directors thanks all those who made special effort to decorate their homes, and urges people to take time to tour the city and see the beautiful and creative displays. ■

## LEGISLATIVE COFFEE

SATURDAY  
01.26.12  
9AM - 10:30AM

3E CONFERENCE  
953 73RD STREET  
WINDSOR HEIGHTS



INVITEES: SEN. CHARLES SCHNEIDER  
REP. CHRIS HAGENOW  
REP. PETER COWNIE  
SUP. ROBERT BROWNELL



WINDSOR HEIGHTS  
CHAMBER OF COMMERCE



Chad Halsne and Brett Reed wish you Happy New Year from the Windsor Heights Hy-Vee.



Patricia Nelson and Miciah Anderson wish you Happy New Year from the Windsor Heights Hy-Vee.



Edita Osmanovic and John Langenwalter wish you Happy New Year from the Windsor Heights Hy-Vee.



Tim Stevens and Shirley Chicoine wish you Happy New Year from the Windsor Heights Hy-Vee.



Brenda Stewart, David Hagen and Amy Elswick wish you Happy New Year from the Windsor Heights Hy-Vee.



Tyler Seher and Andy Gaumer wish you Happy New Year from the Windsor Heights Hy-Vee.



Kenn Baker and Brad Downing wish you Happy New Year from the Windsor Heights Hy-Vee.



Mary Brannen and Mary Anne Waddell wish you Happy New Year from the Windsor Heights Hy-Vee.



Matt Reiff and Joni VanBerkum wish you Happy New Year from the Windsor Heights Hy-Vee.



Matthew Souryachak and Eric Ostrem with Dr. Pepper wish you Happy New Year.



Jason Roberts and Casey Roberts wish you Happy New Year from the Windsor Heights Hy-Vee.



Todd Quigley and Jolene Goodman wish you Happy New Year from the Windsor Heights Hy-Vee.

See more photos online at [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com)

## CENTRAL\*

**Mercy Central Pediatric Clinic**  
330 Laurel St.  
Des Moines  
(515) 643-8611

*\*Extended hours available by appointment*

## EAST

**Mercy East Pediatric Clinic**  
5900 E. University Ave.  
Pleasant Hill  
(515) 643-2600

## JOHNSTON

**Mercy Johnston Pediatric Clinic**  
5615 N.W. 86th St.  
Johnston  
(515) 643-6090

## NORTH

**Mercy North Pediatric Clinic**  
800 E. First St.  
Ankeny  
(515) 643-9000

## WEST

**Mercy West Pediatric Clinic**  
1601 NW 114th St.  
Clive  
(515) 222-7337

# Comprehensive Pediatric Care

The physicians and staff of Mercy Pediatric Clinics are dedicated to keeping your child healthy and safe. Pediatricians are specifically trained to care for infants, children and adolescents. They perform routine well-child exams, sports and school physicals, immunizations and treatment for acute and chronic illnesses. Mercy Pediatric Clinics are conveniently located throughout the Des Moines metro area, and the central location offers extended evening and weekend hours.

## Q How can I teach my children about fire safety?

# A

Educating your children about the dangers of fire is one of the best ways to keep your family safe in the event of a fire emergency. Children of all ages need to understand the precautions that should be taken to help prevent fires in the home and should know what to do if a fire does occur. Here are a few tips for keeping your family safe:

1. Install smoke alarms in the house, test the alarms on a monthly basis and replace the batteries at least once a year.
2. Create an escape plan including two exits from every room and a meeting place outside where everyone will come together after evacuating.
3. Hold fire drills at least twice a year to practice the escape plan.
4. Teach children how to call the fire department for help and make sure they know their home address.
5. Stop, drop and roll! Talk to you children about what they should do to extinguish flames if an article of clothing catches on fire.



[www.mercyclinicsdesmoines.org](http://www.mercyclinicsdesmoines.org)

# WINDSOR HEIGHTS

7101 University Avenue



## MAKING LIVES EASIER, HEALTHIER AND HAPPIER!

**NEW!**



### SAVE

**FILL YOUR CART.  
FUEL YOUR CAR.**

Sign up today!

Easy as 1-2-3



#### 1. SHOP

for Hy-Vee Fuel Saver™ items marked with shelf signs throughout Hy-Vee and featured in our weekly print ad



#### 2. EARN

a discount for each Hy-Vee Fuel Saver™ item purchased by swiping your Hy-Vee Fuel Saver™ Card at checkout



#### 3. SAVE

at Hy-Vee Gas, Casey's or participating Shell stations when you use your Hy-Vee Fuel Saver™ Card

## WINDSOR HEIGHTS' VERY OWN, CHEF JOSH!

Classically trained  
in France,  
specializing in French  
and Asian cuisine.



Ask Chef about his in-home caterings,  
wine tastings and cooking classes.

Call or email Chef Josh with your food or  
beverage questions at [1895chef@hy-vee.com](mailto:1895chef@hy-vee.com)

## MEET YOUR REGISTERED HY-VEE DIETITIAN



Sydney Jacobson  
RD, LD

Dietitian

Windsor Heights

More Dietitian services provided for you daily  
Begin Program • Cooking Classes • Workshops  
Personal Nutrition Consultations  
Shopping Tours • Health Screenings  
Contact Sydney • [1895dietitian1@hy-vee.com](mailto:1895dietitian1@hy-vee.com)

## EVERY WEDNESDAY AT YOUR HY-VEE RECEIVE 10% OFF

All HealthMarket items including supplements,  
organics, gluten-free items, bulk foods,  
organic and all natural meat and produce items  
and all natural cleaning products.

Good at all Des Moines area Hy-Vee and Hy-Vee Drugstores

Experience the  
new organic  
produce expansion!

Best Organic Produce Variety  
Health Market Bulk Foods Expansion



7101 University Avenue • Windsor Heights • 279.4225

