

Windsor Heights

June 2013

50324

Living

Independence Day

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WINDSOR HEIGHTS

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Happy days are here again

As a youth, I feverishly looked forward to all my favorite TV shows, but especially ABC's Tuesday night lineup that kicked off with "Happy Days" at 7 p.m. That show portrayed another generation, a simpler time that seemed to cherish family values and core principles. As the nights got longer, the TV shows weren't quite as wholesome. My mother allowed me to watch "Laverne & Shirley" and "Mork & Mindy," but "Soap" was out of the question, whether my homework was done or not.



If I was really up for the challenge, and if I could somehow slide it by Mom and Dad, I would occasionally try to stay up until the TV signal went off. Back then, the end of the day's programming was typically signaled with the playing of our country's national anthem with images of flags and fireworks, followed by static. Those of you my age or older certainly recall this. Those of you younger will have to take my word for it. Staying up that late truly was a celebration, at least for a kid.

Needless to say, those patriotic images have stuck in my head, certainly more than Fonzie ski jumping the shark tank or Pinky Tuscadero surviving the Malachi Crunch. Well, almost.

Today, patriotic images are tougher to find on TV, in the classrooms or anywhere they were once commonly seen. But not here in Windsor Heights, where celebrating Independence Day is the community's signature event. I am pleased to share the details of this year's Fourth of July celebration as our cover story, as I know this event rejuvenates your spirit. It's kind of like when Mr. Cunningham told his son Richie after a Jefferson High School basketball game, "Here, have a Lifesaver. It'll make you feel better."

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If you'll give us five minutes, we'll give you an even better magazine. That's a big promise, but if you will answer a handful of questions, it will help us do a better job creating exactly the magazine you want. The circulation and readership of all our magazines is already audited as a whole by the Circulation Verification Council, but this questionnaire helps us better understand the readership of each individual publication. Your responses are confidential, and you will remain anonymous. We simply want to know how we can better serve our readers and advertisers. Please visit www.iowalivingmagazines.com/windsor-heights/ or scan the QR code with your Smartphone. I appreciate your help.

Thanks for reading. ■

Shane Goodman
Publisher

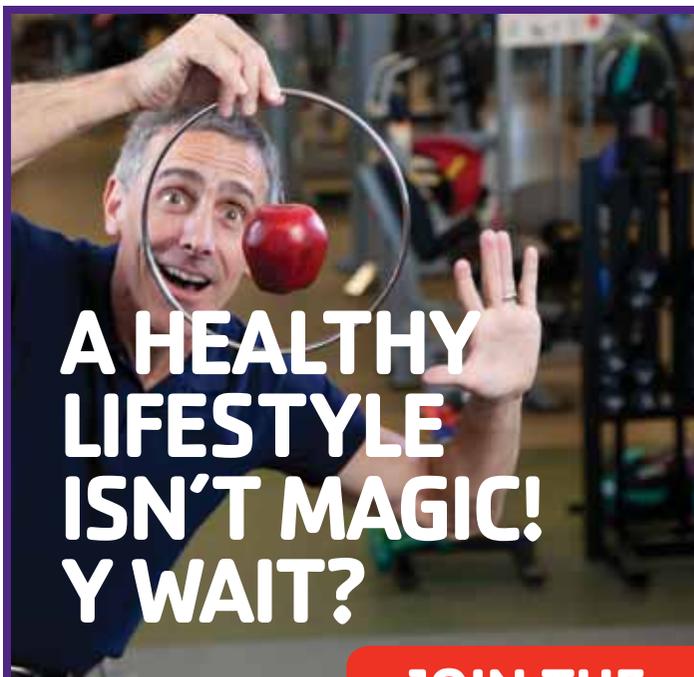


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Independence Day

CELEBRATE THE FOURTH OF JULY IN WINDSOR HEIGHTS

By Michael Swanger

There is nothing like a red, white and blue freedom festival to unite residents and to attract visitors to Windsor Heights, say organizers of this year's Fourth of July celebration.

"It's our signature event," says Windsor Heights Mayor Jerry Sullivan. "It started years ago as a neighborhood event, and it has grown into a community celebration. A lot of families come back for reunions and go to the parade then gather at Colby Park for all the activities. It's a fun-filled day."

This year's celebration will be held Thursday, July 4 and includes several traditional activities including the parade and fireworks show — the cornerstones of any celebration that boasts patriotic pride. This year, however, organizers have added a few new twists and turns to the daylong activities.

The annual parade has been moved ahead two hours to start at 1 p.m. Participants will gather at Sherwood Forest Shopping Center at 73rd Street and Hickman Road to prepare for the 90-minute-long parade that travels along 73rd Street, University Avenue and 66th Street before concluding at Colby Park. The parade promises a variety of entries that range from tractors, classic cars, police and fire vehicles, to color guards, Girl and Boy Scouts and local businesses.

"We're one of the few parades in the metro that allows participants to throw out candy, so the kids love it," says Tracy Levine, Parks



Photo by Michael Swanger

Mike and Katherine Young and their children, Skyler and Julia, and the family pet, Bailey, of Windsor Heights look forward to the community's Fourth of July celebration each year as a way to spend family time together.



Photo submitted

Our country's colors will proudly be on display once again during the Fourth of July celebration in Windsor Heights.

Schedule of events

Thursday, July 4

- 1 p.m. Parade (starts at 73rd and Hickman, 73rd to University, 66th to Colby Park)
- 5-9 p.m. Inflatables at Colby Park
- 5-7 p.m. Bingo at Community and Events Center
- 5-9 p.m. Activities at Colby Park (crafts, face painting, hoola hoops, balloon animals)
- 5-10 p.m. Concession stands open at Colby Park
- 5-6:30 p.m. Live music by Tony Valdez and Saxman Jones at Colby Park Pavilion
- 7-10 p.m. Live music by Faculty Lounge at Colby Park Pavilion
- 10 p.m. Fireworks at Colby Park

& Special Events Coordinator for the City of Windsor Heights.

Organizers say the parade has hosted as many as 75 to 100 entries. While parades in neighboring communities charge participants a nominal fee, Windsor Heights' remains free thanks to the efforts of dozens of volunteers and sponsors including the city, Windsor Heights Chamber of Commerce, Windsor Heights Foundation and

Polk County Community Betterment Program. Residents interested in volunteering may contact Levine by phone at 645-6821 or by email at tlevine@windsorheights.org.

New this year to the parade, in addition to the earlier start time, is the Great Windsor Heights Kids Bike Ride at 1 p.m. in which children can participate in two categories: kids 10 and under or kids 10 and over. Children are encour-

aged to decorate their bicycles for the event and should meet in the Apple Valley parking lot in front of Gold Headquarters at 72nd Street and University Avenue. Volunteers will help children line up for the parade, and they will enter it once it moves past the corner of 72nd Street and University Avenue.

Also, there will be prizes for this year's parade in which \$100 will be awarded to the best

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Photo submitted

This youngster gets the bicycle ride of his young life from longtime festival participant Keith Graybill (left) during last year's Windsor Heights Fourth of July festivities.

decorated vehicle and \$50 will be given to the best neighborhood group or any other unit.

When the parade reaches its destination at Colby Park, 6900 School St., a number of events are planned to be held throughout the evening there including live music, children's activities, food and drink vendors and fireworks.

"We have a variety of activities planned so that people will stay at the park and spend the day with us," says Levine.

From 5 to 9 p.m., children can enjoy inflatables at Colby Park, as well as crafts, face painting, hula hoops, balloon animals and a juggler. Concession stands selling food (funnel cakes, etc.) and beverages (pop and beer) will be open from 5 to 10 p.m. as will vendors selling posters and other items to commemorate the event. Live music from local musicians and bands Tony Valdez and Saxman Jones (5-6:30 p.m.) and Faculty Lounge (7-10 p.m.) will be held at the park's pavilion. Indoors at the Community and Events Center, bingo will be played from 5 to 7 p.m. The day's grand finale includes a fireworks show that will begin at 10 p.m. In previous years, organizers estimate that as many as 6,500 people gather ed at the park for

the fireworks show.

"We're expecting at least that many people again this year if the weather cooperates," says Levine.

Mike and Katherine Young of Windsor Heights say that they celebrate the Fourth of July with their children — Skyer (11) and Julia (9)

likes the time his family spends together each Independence Day.

"It's a great day to relax with family and have fun together," says Mike Young.

Windsor Heights' mayor concurs, adding that he enjoys how the celebration maintains its small-town feel.

"We've tried to keep it that way, and our special events committee works hard year-round to do so," he says.

The mayor also likes how the event commemorates members of the military and veterans. It is a reminder of the true meaning of the holiday, he says.

"I love it when families, friends and neighbors come together to celebrate our independence, especially our military," he says. "We should always honor them and thank them for their sacrifices."

Levine says the city-sponsored event helps to unify the community and demonstrates the city's civic pride.

"It brings people together, and it's a very happy, family-friendly celebration, and there is something for everyone," she says. ■

"It's a great tradition. It's one of the things we like about living in Windsor Heights."

— Katherine Young

— each year by attending the local parade and riding their bicycles to Colby Park afterwards to enjoy the activities there.

"It's a great tradition," says Katherine Young. "It's one of things we like about living in Windsor Heights. We always stick around for the fun at Colby Park that night."

The couple's daughter says she enjoys getting candy, at the parade and their son says he



Photo by Rebecca Bowen

Cindy Skeie with examples of her nature photography.

Nature freak

Skeie captures the essence of the outdoors

By Rebecca Bowen

You don't necessarily have to go outside to see the beauty of nature. In fact, Cindy Skeie has turned her old-fashioned tuck-under garage into an art gallery, studio and workroom to capture the essence of what the outdoors has to offer.

"I officially started doing macro photography three years ago," Skeie explains. "It morphed from me being a nature freak and my love for gardening. I started out photographing flowers, and now I do that alongside a lot of other weird nature stuff like water drops, spider webs, fungus — you name it."

Skeie has taken her hobby and turned it into a passion she can work on from the comfort of her own garage.

"I have my little art gallery downstairs where I keep all of my racks and hanging equipment when I'm not holding a show. I also have my workroom, where lately I've started a fun new thing taking ceramic tiles, coasters and magnets and adhering my prints onto them and coating them with a heavy gloss. They have turned out great so far," she says.

When the small business started, it began organically from just a couple of snapshots with her point-and-shoot camera.

"When I started I would do stuff and give it away; I always inflict my hobbies on my friends," laughs Skeie. "I met a couple people that encouraged me, and things just kind of fell into place. I still work a full-time job, but this is my passion.

"It's pretty much like an experiment every time," Skeie explains. "I think part of that is since I don't have a professional background, I'm not stuck on people's ideas on what a photo should be; I just do my own thing. Most of the stuff I photograph is actually in my own yard. You can get up close to just about anything in nature and find something cool."

Skeie now holds art shows around the city, with the next one showing throughout the month of June at the Urbandale Library.

"It's been one of these things that has just fallen into my lap," Skeie recalls. "It's so nice because it's something I love to do. I tell everybody that my motto is: I'm not an artist, I'm not a photographer, I'm just a nature freak." ■

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?



Pat Edward and Bill Gabe at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Susan and Darren Skeries at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



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Friday, June 21

- First day of summer
- Iowa Cubs game vs. Nashville Brewers at home, fireworks, 7 p.m.
- Cityview's Fine Spirits Festival, Downtown Des Moines, sample 10 varieties of mixed drinks, \$15 adv/ \$20 door, 5-9 p.m.
- VHS 9/10 Baseball at Fort Dodge, 11:30 a.m./ 4 p.m.
- VHS V Baseball vs. Fort Dodge, 5 p.m.

Saturday, June 22

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

Monday, June 24

- RHS 9/10 Baseball vs. DM Hoover, 10:30 a.m./3:30 p.m.
- RHS V Baseball at DM Hoover, 5 p.m.
- RHS V Softball at DM Hoover, 6 p.m.
- VHS 8 Softball at DM Lincoln, 9 a.m.
- VHS JV Baseball at Dowling, 10 a.m.
- VHS 9/V Baseball vs. Dowling, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at Dowling, 1/4:15/6 p.m.
- VHS 10 Baseball at Dowling, 5 p.m.

Tuesday, June 25

- Music in the Park, Sacred Heart

- Sax and Brass, free, 7 p.m., Colby Park.
- VHS JV Baseball vs. Waukee, 11:30 a.m.
- VHS 9 Baseball at Waukee, 11:30 a.m.
- VHS 9 Softball at Waukee, 1 p.m.
- VHS 10/V Baseball vs. Waukee, 5/7:30 p.m.
- Do Business Windsor Heights, discuss what can the city and Chamber do to help the business community, 5:30 p.m., Grounds for Celebration.



Wednesday, June 26

- Planning & Zoning Meeting, 4:30 p.m., City Hall.
- RHS 9/10 Baseball at Indianola, 11:30 a.m./5 p.m.
- RHS 9/V Softball vs. Indianola, 2:30/4:15 p.m.
- RHS V Baseball vs. Indianola, 3 p.m.
- VHS 8 Softball vs. Dowling, 9 a.m.
- VHS 9/10 Baseball at Ames,

- 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball vs. Ames, 1/4:15/6 p.m.
- VHS V Baseball vs. Ames, 5 p.m.

Thursday, June 27

- RHS 9 Baseball at Dowling, 11:30 a.m.
- RHS V Softball vs. DM Hoover, 4:15 p.m.
- VHS 8 Softball at Dowling, 9 a.m.
- VHS 9/V Baseball at DM Hoover, 11:30 a.m./5 p.m.
- VHS 9 Softball vs. DCG, noon.
- VHS 10 Baseball vs. DM Hoover, 5 p.m.

Friday, June 28

- VHS V Baseball at Saydel, TBD.
- VHS V Softball at Iowa City West, TBD.
- VHS 9 Baseball at Ankeny Centennial, 11:30 a.m.
- VHS 10/JV Baseball vs. Ankeny Centennial, 11:30 a.m./5 p.m.

Saturday, June 29

- RHS V Baseball at Saydel, TBD.
- VHS V Baseball at Saydel, TBD.
- VHS V Softball at Iowa City West, TBD.

Monday, July 1

- Iowa Cubs game vs. Memphis Cardinals at home, 7 p.m.
- Council Meeting, 6 p.m., City Hall.
- VHS 8 Softball vs. Indianola, 9 a.m.
- VHS 9/10 Baseball at Johnston, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball vs. Johnston, 1/4:15/6 p.m.
- VHS V Baseball vs. Johnston, 5 p.m.
- RHS 9/10 Baseball vs. DM East, 10:30 a.m./3:30 p.m.
- RHS 9/V Softball at DM East, 4:15/6 p.m.
- RHS V Baseball at DM East, 3:30 p.m.



Tuesday, July 2

- Iowa Cubs game vs. Memphis Cardinals at home, 7 p.m.
- Music in the Park, Party Gras Classic Jazz Band, free, 7 p.m., Colby Park.
- VHS 8 Softball vs. Johnston, 9 a.m.

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- VHS JV Baseball vs. Johnston, 11:30 a.m.
- RHS JV Baseball vs. Waukee, 9 a.m.
- RHS 9/V Softball at Norwalk, 4:30/6 p.m.



Wednesday, July 3

- Iowa Cubs game vs. Memphis Cardinals at home, 7 p.m.
- VHS 9/10 Baseball vs. Ankeny, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at Ankeny, 1/4:15/6 p.m.
- VHS V Baseball at Ankeny, 7:30 p.m.
- RHS 9/V Softball vs. DM North, 2:30/4:15 p.m.
- RHS V Baseball vs. DM North, 3:30 p.m.

Thursday, July 4

- Independence Day
- Thursday bingo; the Chamber will be sponsoring bingo games during the July 4 festivities, Colby Park.

Friday, July 5

- VHS 9/JV/V Softball at Fort Dodge, 3/6:15/7:45 p.m.

Saturday, July 6

- Softball Regionals
- RHS 9 Baseball at Newton, 8 a.m.

Monday, July 8

- Softball Regionals
- VHS 9/10 Baseball at Urbandale, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball vs. Urbandale, 1/4:15/6 p.m.
- VHS V Baseball vs. Urbandale, 5 p.m.
- RHS 9/10 Baseball at DM Lincoln, 10:30 a.m./3:30 p.m.
- RHS 9/V Softball vs. DM Lincoln, 2:30/4:15 p.m.
- RHS V Baseball vs. DM Lincoln, 3:30 p.m.

Tuesday, July 9

- Music in the Park, Bristols (music from the 1960s), free, 7 p.m., Colby Park.
- VHS 9 Baseball at Waukee, 10 a.m.
- VHS JV Baseball vs. Urbandale, 11:30 a.m.
- RHS JV/V Baseball at Norwalk, 5:30/7:30 p.m.

Wednesday, July 10

- Softball Regionals
- VHS 9/10 Baseball at Mason City, 11:30 a.m./5 p.m.
- VHS JV/V Softball vs. Waukee, 6/7:30 p.m.
- VHS V Baseball vs. Mason City, 5 p.m.

Thursday, July 11

- Iowa Cubs game vs. Albuquerque Dodgers at home, 7 p.m.
- VHS 9/10 Baseball vs. Fort Dodge, 11:30 a.m./5 p.m.
- VHS V Baseball at Fort Dodge, 3:30 p.m.
- Softball Regionals
- RHS 9/10 Baseball at Johnston, 11:30 a.m./5 p.m.
- RHS JV/V Baseball vs. Johnston, 3:30/5:30 p.m.

Friday, July 12

- Iowa Cubs game vs. Albuquerque Dodgers at home, fireworks, 7 p.m.
- RHS 9/10 Baseball at DM Lincoln, 10:30 a.m./3:30 p.m.

Saturday, July 13

- Softball Regionals
- Iowa Cubs game vs. Albuquerque Dodgers at home, 7 p.m.



Sunday, July 14

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

Monday, July 15

- Chamber Luncheon, speaker: Leng Von Reiff will talk about her business, Akili Design, noon - 1 p.m., Jimmy's Big Ten, 1238 8th St., West Des Moines.
- Council Meeting, 6 p.m., City Hall.
- RHS 9/10 Baseball vs. Ottumwa, 10:30 a.m./3:30 p.m.
- RHS V Baseball at Ottumwa, 5 p.m.

Tuesday, July 16

- Music in the Park, Urbandale Community Adult Band, free, 7 p.m., Colby Park.
- V State Softball Tournament
- RHS 9/10 Baseball at Marshalltown, 10:30 a.m./3:30 p.m.
- RHS V Baseball vs. Marshalltown, 3:30 p.m.



Wednesday, July 17

- V State Softball Tournament
- Polk County Fair, visit polkcountyfairiowa.com for more info and schedule, Iowa State Fairgrounds.

Thursday, July 18

- V State Softball Tournament
- Polk County Fair, visit polkcountyfairiowa.com for more info and schedule, Iowa State Fairgrounds.

Friday, July 19

- V State Softball Tournament
- Polk County Fair, visit polkcountyfairiowa.com for more info and schedule, Iowa State Fairgrounds.
- V Baseball Substate Tournament

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



JUNE 2013
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FOURTH OF JULY CELEBRATION, IT'S ALL HAPPENING IN WINDSOR HEIGHTS THERE IS A NEW STARTING TIME OF 1 PM FOR THE WINDSOR HEIGHTS PARADE ALONG WITH OTHER PARADE NEWS

The Great Windsor Heights Kids Bike Parade will hook up with the parade on its final leg. To participate, all decorated bikes will meet at the Apple Valley parking lot in front of the Golf Headquarters at 1pm. A volunteer will be on hand to direct the cyclists as they enter at 72nd and University. There are two age groups: 10 years and older and under 10 years.

Anyone wanting to be in the parade or volunteer at the staging area or later in the day at Colby Park, please contact Tracy, 645-6821 or tlevine@windsorheights.org.

SCHEDULE OF THE DAY'S ACTIVITIES:

- 11:30am Begin line up at the Sherwood Forest Shopping Center
- 1pm Parade Starts
- 1pm Line up of bicycles at the Apple Valley parking lot, in front of Golf
- 5-9pm Inflatables, Colby Park - \$1/ticket
- 5-7pm Bingo, Community & Events Center
- 5-9pm Activities in and around the Community & Events Center, Colby Park. Face painting, Patriotic crafts, Hoola Hoops, Balloon Animals
- 5-10pm Vendors offering wide variety of picnic delicacies plus funnel cakes, soft drinks, beer, Colby Park, bring your wallet
- 5-6:30pm Tony Valdez & Saxman - Two Legends Duo Band
- 7-10pm Faculty Lounge Band
- 10pm Fireworks

WINDSOR HEIGHTS SOLID WASTE COLLECTION NEW SOLID WASTE CARTS TO BE DELIVERED IN JULY!

New solid waste carts will be delivered to Windsor Heights residents on July 19, 2013. The new carts are tan with black lids and have the Metro Waste Authority logo stamped on the side. They are being provided to residents free of charge.

When you receive your new cart, please roll your new cart back to your house the day you receive it. Do not transfer your garbage from your old cart to your new cart. You can start using your new cart *after* the July 19 collection day.

Residents should set out their old cart (with your garbage in it) on July 19 and should LEAVE THE OLD CART AT THE CURB after it is emptied. Crews will be around that day to collect the old carts. The order and timing in which the new carts are delivered and old carts are emptied and taken away will not necessarily be the same.

HOW MUCH WILL I PAY?

Residents will continue to pay the same monthly solid waste collection fee of \$10.78, which includes garbage and recycling collection. No fee will be charged for the new cart. Contact Windsor Heights City Hall at 515-279-3662 if you have questions about rates.

NEW LARGE AND EXTRA ITEM STICKERS

Current large item pick-up stickers and extra trash tags will be expiring on June 30, 2013. If you have these old stickers, please use them before they expire. Effective July 1, ORANGE Metro Waste Authority tags must be used. These new tags will be sold at City Hall and local grocery stores for the same low price of \$5.00 or \$1.00, respectively.

Please contact Metro Waste Authority at 244-0021 or www.WhereItShouldGo.com if you have questions.

JUNIOR DETECTIVES

Junior Detective - Be a Detective for a day (ages 7-12).
Tuesday, July 23, 9-11am. Cost \$10 per child.

The WH Police Department is accepting enrollment for our new Junior Detective class. Children will work with WH Police Officers to solve a mock crime and are taught criminal investigative techniques. They will learn the difference between theft, burglary and robbery. They will view a mock burglary video, process fingerprints and other evidence found at the crime scene.

The class is limited to a maximum of 10 participants.

Please contact Officer Woods at (515) 645-6829 or email awoods@windsorheights.org for registration or with questions.



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

SPONSORS AND LINE-UP FOR POPULAR SUMMER MOVIE SERIES ANNOUNCED

The City of Windsor Heights is pleased to announce funding from both the Windsor Heights Sam's Club and Windsor Heights Walmart for this summer's *Movies in the Park*, an outdoor summer film series. The free series, held in Colby Park, will feature a wide range of films. The series begins on Friday, June 21 and runs weekly for six weeks (skipping Friday, July 5) through August 2.

"Over the past several years, *Movies in the Park*" has become a summer tradition for hundreds of central Iowans," said Mayor Jerry Sullivan of Windsor Heights. "The series is at the core of our programming and our desire to be a real community event that brings people from all over the area to Colby Park. We are extremely grateful to Walmart and Sam's Club for stepping up to the plate and sharing so generously. They understand how important leisure time offerings can be to the quality of life for a community."

Movies begin at dusk at Colby Park, 69th and School Streets. Pre-movie kid's activities begin at 7pm and run until 8pm. Attendees are encouraged to bring blankets, chairs, picnic baskets for a night in the park.

June 21 – *The Lorax* – Pre-movie activity with Polk County Conservation

June 28 – *101 Dalmatians* – Pre-movie activity with Petco Trainer

June 29 – *Rise of the Guardians* – Pre-movie activity with artist

July 13 – *Dolphin Tale* – Pre-movie activity with artist

July 20 – *Up* – Pre-movie activity with artist

July 27 – *The Avengers* – Pre-movie activity with artist

The public is encouraged to arrive early to take advantage of the children's activities, the refreshments available and to enjoy the beautiful setting. Popcorn and soft drinks will be for sale beginning at 8pm. Information available at www.windsorheights.org.

"SUNDAY IN THE PARK WITH BARU AND LA BONNE FEMME": A BASTILLE DAY CELEBRATION AND COOKOUT AT COLBY PARK

On July 14, all of France will be celebrating La Fête Nationale, which English speakers commonly refer to as Bastille Day. Commemorating the birth of modern-day France, this holiday is to the French what the Fourth of July is to Americans.

Fortunately, you don't have to be French – or in France – to join in the festivities. French-born David Baruthio, chef and co-owner of *Baru 66* restaurant, is teaming with Wini Moranville, author of *The Bonne Femme Cookbook*, for a special event called "Sunday in the Park with Baru and La Bonne Femme: A Bastille Day Celebration and Cookout."

"We're looking forward to bringing together food-lovers, France lovers, wine lovers and anyone who enjoys joie-de-vivre in the great outdoors," says Moranville.

The event will be held at the Windsor Heights Community & Events Center in Colby Park. Built in 2010, the handsome wood, brick and stone structure offers indoor seating (in case temperatures climb or rain falls) as well as a landscaped terrace – an inviting spot for an alfresco party.

All events will be held – rain or shine – at Colby Park, 69th and School Streets in Windsor Heights, and are open to the public.

Here's the agenda:

• COOKING CLASS, 4pm–6pm

The Apéritif Dînatoire: A Summer Cocktail Party, French Style. David Baruthio and Wini Moranville will demonstrate recipes for appetizers, small plates, and thoroughly French cocktails. The cost of the class is \$75 per person, and includes cocktails, hors d'oeuvres and a ticket to the subsequent Bastille Day Party. Please call Baru 66 (277-6627) to reserve a spot in this cooking class.

• SUNDAY IN THE PARK WITH BARU AND LA BONNE FEMME: A BASTILLE DAY CELEBRATION AND COOKOUT. 6pm

Beginning 6pm and lasting into the night, the celebration will feature a casual-but-stylish menu of favorite French summer foods. A trio of grilled meats, including slow-roasted pork à la diable (flavored with Dijon mustard), brochettes of beef with herbes de Provence and grilled French sausages, will anchor the meal.

Classic French summer side dishes—such as French potato salad, celeri remoulade, and ratatouille—will round out the menu.

A crêpe stand and ice-cream station will end the meal on a sweet note.

The cost for this dinner is \$30 per adult and \$10 for children age 10 and under. Wine and beer will be available for purchase. Tickets must be purchased in advance by Friday, July 12. They're available at *Baru 66* (6587 University Ave.; 277-6627) and Windsor Heights City Hall (1133 66th St.; Windsor Heights; 279-3662).

Attire is summer casual, however, revelers are encouraged (though certainly not required) to dress in France's national colors, which, conveniently, are red, white and blue.

CHARLENE BUTZ, COUNCIL MEMBER • BETTY GLOVER, COUNCIL MEMBER • DAVE BURGESS, COUNCIL MEMBER

Summer salad

Dish recalls days at Central College

By Kris Tracy

This salad is one that I always looked forward to when I attended Central College in Pella in the 1980s. There, unlike at other dorms, the food was spectacular. Those ladies really knew how to cook and obviously enjoyed their job. At Christmastime, they even poached whole salmon and decorated them with cucumber “scales.” It was the first time I had ever seen such a beautiful presentation. Little did I know then that the dorm food experience would help me in performing a job when I cooked for a dorm myself.



I added the pasta, basil and the pepperoni to make this salad hearty enough for a nice summer lunch. It is really special with a crusty piece of warm bread and a glass of red wine. Leave my additions out if you are looking for a delicious low-carb side dish for your grilled steak.

The garlic balsamic vinaigrette is one that I came up with when I was cooking for “my” dorm students in Boulder, Colo. Keep it refrigerated and make sure you give it a good shake before you use it. My husband prefers it to bottled dressings. If you need a gluten-free recipe for salad dressing, just substitute rice wine vinegar for the balsamic and you’re good to go. ■

Central College Summer Salad

Ingredients

- 2 cups halved grape tomatoes
- 1 can medium ripe olives
- 1 small red onion, slivered
- 8 ounces of mozzarella cheese, cubed
- ¼ cup of fresh basil, sliced into ribbons
- 2 cups of cooked shell or elbow pasta, drained and cooled*
- 1 package (5 ounces) Hormel sliced mini pepperoni
- Garlic Balsamic vinaigrette to taste**

Directions

Mix all ingredients together and allow the salad to marinate overnight or for at least 2 hours.

*I like to use Dreamfields pasta for a

low carb option

**For a quicker salad, use your favorite bottled Italian dressing

Garlic Balsamic Vinaigrette

- 2 cloves fresh garlic
 - 1 teaspoon sea salt (large flake)
 - ½ teaspoon coarsely ground fresh black pepper
 - ½ cup balsamic vinegar
 - ¾ cup extra virgin olive oil
- Peel the garlic and process with the sea salt in your food processor until the garlic is very finely minced. Add the pepper, vinegar and olive oil. Process until the mixture looks almost like chocolate milk. Store in a squeeze bottle or an empty water bottle with a sport cap for ease of pouring.

Kris Tracy is from Centerville and lives in Highlands Ranch, Colo. with her husband, Doug, who is also from Centerville.

Meet Gloria Faust

Instructor develops confident singers

By Rainey Cook

Since 2001 Gloria Faust has been developing confident singers at Perkins Elementary.

Her music room is open with a fun carpet in the center and concert risers on one entire wall. The piano and keyboard have their own place amongst many music accessories — the triangle, music books and extra-large flash cards of notes that her students can recognize and sing when they see them. Hand signs of “do-re-mi” are hung on the back wall.

“Children have trouble finding their voices,” says Faust. “It’s fun helping them actually learn how to sing, not just talk. We also work on dramatic productions that overcome anxiety.”

She enjoys seeing a new side of a student she’s never seen before. Dramatic productions bring out the real emotion of students that sometimes they didn’t even know they had.

Faust uses the Kodaly music method with the younger students. It uses signing games and tone matching games that make the students feel as if they are playing rather than working. The older students play games, too, but Faust also starts teaching them to sing two parts.

The Perkins Singers, a group of fourth and fifth graders who willingly miss recess, meet three times a week to work on choir music. About 90 students per-



Gloria Faust teaches music at Perkins Elementary.

formed at an evening concert and also sang for Wesley Acres. The fifth graders also perform at their elementary graduation every year.

Other end-of-year activities include finding notes on the keyboard, learning music literacy and preparing for next year. And, of course, more of those singing games that are actually fun.

When the year is complete, Faust will have taught 450 students at Perkins. Her music class is 50 minutes long.

While there are no summer music camps, classes or choirs scheduled, you can rest assured that Perkins students are well prepared for their next level of music instruction. A whopping 75 percent of fourth and fifth graders were involved in the Perkins Singers. That same number is expected for the 2013-14 school year.

When not teaching, you can find Faust in her garden. She is originally from Grand Rapids. ■

What do you like best about your teacher?



Alice Johns
“She’s always creative on how she teaches us stuff.”



Theo Auge:
“She’s so creative with the performances we have.”



Liberty Valadez:
“She’s fun and creative and knows how to have fun with music.”



Gracie Forrest:
“She lets us do activities when we get our work done.”

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Q: How can I protect my child from the sun?

- A:** Get ready for fun in the sun this summer by following these sun safety tips!
- Avoid outdoor play time in the sun between the hours of 10 a.m. and 4 p.m.
 - Apply sunscreen 30 minutes before going outdoors. Use a sunscreen with a SPF of 30 or higher. Be sure to cover all skin including the ears, hands and feet. Be sure to keep infants out of the sun and do not apply sunscreen to babies less than six months of age.
 - Reapply sunscreen every two hours or after the skin gets wet from swimming or sweating.
 - Wear a wide brim hat, sun visor or baseball cap to shade the face and wear light colored, light weight clothing.
 - Use an umbrella to create shade.
 - Wear sunglasses.
 - Encourage constant fluid intake before, during and after playing outdoors. Water is best, but lemonade, fruit juice, popsicles and snow cones are also great sources of fluid. Avoid drinks with caffeine, such as soda pop and tea.



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By Matt Cale

When someone else drives your car

Coverage depends on your insurance policy

By Matt Cale, State Farm agent

Your babysitter uses your car to drive your kids to the swimming pool. Your brother-in-law borrows your car for the weekend. You've given them your permission — but what happens if there's an accident when someone else is behind the wheel of your car?

"Generally it's not a problem if they're driving with your consent," says Jeanne Salvatore, senior vice president of public affairs and consumer spokesperson for the Insurance Information Institute. "If it's an occasional use — say I borrow your car to go pick up milk — and as long as permission has been verbally granted, you'll typically be covered."

But borrowing a car under other circumstances may not be as clear-cut. (Coverage will depend on your insurer and your particular policy.)

Typically, even if the person driving your car has his or her own insurance, your insurance will likely pay damages first if there's an accident. The driver's insurance may cover some of the personal injury or medical expenses, and it may supplement your plan if the accident maxes out your coverage.

"When you have someone you employ, such as a nanny or a nurse who will be a regular driver, contact your insurance agent about your coverage," Salvatore recommends. "He or she may need to be added to your policy."

Because the policy terms and state laws can vary widely, always contact your insurance agent before loaning out your car — or any other motor vehicle, such as a



motorcycle, boat, jet ski, snowmobile, ATV or RV.

"Any time you have a question about your coverage, call your insurance agent first," says Salvatore. "You always want to let the insurance company know the circumstances. Get their advice."

"Don't be cavalier about lending your car," adds Salvatore. "If you know someone isn't a good driver, think twice about giving your permission. Any accident they're in could go on your insurance record."

Contact your State Farm® agent at www.statefarm.com/agent/index.xhtml to learn more about your auto coverage.

This article contains only a general description of coverages and is not a contract. Details of coverage or limits vary in some states. All coverages are subject to the terms, provisions, exclusions, and conditions in the policy itself and in any endorsements.

See more at: <http://learningcenter.statefarm.com/insurance/auto-11/when-someone-else-drives-your-car/#sthash.rz2Pur8a.dpuf>. ■

Information provided by Matt Cale, State Farm Insurance, 6733 University Ave., Windsor Heights, 280-9000.



Patricia and Harold Teater had their house on Jefferson Avenue built in 1963.

Timeless and tasteful

Teaters enjoy their attractive 50-year-old home

By Rainey Cook

The year was 1963. The location was Jefferson Avenue in Windsor Heights. This new development was in one of the nicest areas to build — so Harold and Patricia Teater did just that. They had their home built and have loved it and the area ever since.

They've remodeled a few times since then. Just a few years after they moved in, Patricia drew a plan for the front of the house, and Harold made it happen.

"I just looked at other homes and picked a few different things I liked. We wouldn't give this look up for anything," she smiles.

Their 4,500-square-foot home is perfect for entertaining. Just one of their parties had 65 people socializing in every room.

The white baby grand piano in the front sitting room fits perfectly in size and color. The lavender carpet is uniquely inviting; the white wall paper is sprinkled with tree branches and lavender blossoms.

The comfortable room in the back boasts a fireplace with brick mantel. The wall-sized bookshelf houses Hemmingway books, antique books and "a fine collection of wonderful books, whatever they may be," says Patricia.

The hallway to the kitchen is soft pink and displays family and many baby pictures, all in black and white, nicely matted and framed. Patricia's sewing room is around the corner, although her sewing hobby is not as active as it was. She once made costumes, dance outfits and prom dresses for their five daughters. Now, nicely organized, it still has that aura of talent.

The kitchen was redone about 10 years ago. A large space — again, sizeable for many guests — this area boasts one wall of brick, all new appliances, an island and Patricia's mother's handmade quilt turned into kitchen curtains.

Harold's office claims the large world map with small flags pointing to all their travels — Italy, the Orient, New Zealand and Australia — to name only a few.

At home in Windsor Heights, the Teaters like that their neighbors are nice and quiet.

"When everyone was younger with kids, we all knew each other," says Harold. "Of course, things change — the house next to us is empty now, and the neighbors across the street just moved in."

Seasoned or new neighbors, the Teaters still love their home they had built in 1963. ■



With help from Windsor United Methodist Church, Windsor Elementary School students are growing their own fresh vegetables and fruit.

Healthy lifestyle

Windsor UMC helps students with gardening

By Rebecca Bowen

With the recent push to make school lunches more nutritious and educate our young children on the importance of making healthy food choices, Windsor Elementary School and Windsor United Methodist Church have teamed up to help children go the extra mile to live a healthy lifestyle.

"Our church has been doing volunteer work at the school for some time. Last year, Pastor Bob Culbertson and I started the experiment by planting three raised garden beds at the school to plant fruits and vegetables in," explains Harry Cannon, a longtime congregation member at Windsor UMC. "The gardens weren't necessarily successful because it wasn't a great gardening year, but they sure piqued a lot of interest and support within the school, and this year they decided they would like to have three more, one for each classroom."

The main goal of the mission is to teach kids about raising food and promote healthy eating habits.

"We were given a small grant to supply lumber and tools and hosted a work day where kids were selected to come from class and help build the additional three gardens," Cannon says. "It's been a very gratifying experience for everyone involved. It was interesting to

see what each of the classrooms chose to put in their gardens."

Spread the Word

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

The kindergartners chose to plant radishes, cucumbers and peppers. First graders were stuck on strawberries and planted those only. Green beans and tomatoes were the choices of the second grade class, and third grade decided to plant only vegetables, including carrots and snap peas. The fourth graders chose a variety of veggies, including red and white radishes, onions, cabbage and cherry tomatoes, and the fifth graders stepped outside of the box and decided on watermelon, spaghetti squash and cantaloupe.

"We have been quite pleased with the school and the children's reception of the gardens and are grateful that we were able to participate in it," remarks Cannon. "Although this was a late gardening year and most of the growing season will take place when the kids are out of school, we have many people volunteering to help. I think it will be quite successful." ■

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Joe Wallace, Thomas Sherzan

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legal briefs

By Ross Barnett

Taxpayer Relief Act brings changes

Be proactive in protecting your assets

By Ross Barnett, attorney, Abendroth and Russell Law Firm

The American Taxpayer Relief Act of 2012 was signed into law on Jan. 3, 2013. This new legislation makes some important changes that impact estate planning and the probate of decedent's estates. The Act extends some tax cuts, but reinstates other provisions.

The estate tax provisions were permanently extended. There is an unlimited marital deduction; assets passing to a surviving spouse are exempt from federal estate tax. When the surviving spouse passes away (or if there is no spouse), estate tax applies to estates larger than a certain limit. There is a \$5,000,000 exclusion that is adjusted annually for inflation. In 2013, the first \$5.25 million of an estate is not taxed. The top estate tax rate was scheduled to go from 35 percent to 55 percent. Instead, it only increased to 40 percent.

Because of the marital deduction, there will be no tax owed when the first spouse passes away. The second spouse to die, however, may have estate tax issues if the estate is large enough. There is a portability feature that allows the estate of a deceased spouse to transfer any unused estate tax exemption to the surviving spouse, which may reduce a survivor's tax liability.

The 2010 Affordable Care Act provides for a new Medicare tax on investment income. The 3.8 percent surtax is in effect for individuals, as well as for trusts and estates. The tax is applied to the next taxable income of trusts after distributions to beneficiaries and comes into effect at the point that the trust's income exceeds



roughly \$12,000.

Long-term capital gains tax rates have also changed. The tax rates that were in place have been permanently extended for most individuals. For individuals in the 10 percent or 15 percent marginal income tax bracket, the capital gains tax is 0 percent. For taxpayers in the 25 percent, 28 percent, 33 percent or 35 percent tax bracket, a 15 percent maximum rate will generally apply to capital gains.

For taxpayers in the new top tax bracket of 39.6 percent (\$400,000 for individuals or \$450,000 for married filing jointly), the long-term capital tax rate is now 20 percent. The new Medicare tax on investment income also applies, making the long-term capital gains rate for the top tax bracket 23.8 percent.

Be proactive in protecting your assets and planning for the distribution of your wealth. Strategic gifting, trust creation, and estate tax planning while you are alive can reduce or eliminate taxes after death. ■

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

The Windsor Heights Chamber: What's it all about?

Everyone benefits from your membership

By Betty Ridout, president, Windsor Heights Chamber

Slightly more than a decade ago a group of Windsor Heights business professionals got together to form a business group, which then evolved into the Windsor Heights Chamber of Commerce.

It was seen as important by many that Windsor Heights have a Chamber to support and maintain our community's sovereignty. The Chamber would work with the City of Windsor Heights government in tandem to help grow the business community.

It seems that we have to work a lot harder these days to maintain our independence. Our boarders are immobile, and so in order to stay viable Windsor Heights must build the business community to increase revenues. More commercial development helps make us a destination for shopping and brings more traffic and sales for the businesses already here. All of this benefits the residents in Windsor Heights.

Somehow pitching the importance of the Windsor Heights Chamber to anyone who is not a member is an uphill battle. But we continue to wave our flag because of the people who have stood up for community growth. Lots of good work and relationships have resulted from their efforts. But, there is more work to be done. So allow me to answer that nagging question, "What has the Chamber done for me? Why is it worth it?"

Let's simply list the many benefits we provide for our members:

- A new young professionals group.
- The launch of the first shop-local expo for members to promote and share their business



services this Nov. 7.

- A new and improved web presence to list your events and find out more about Chamber and Greater Des Moines Partnership (GDMP) events.

- A business brainstorming group that meets one Tuesday evening a month.

- Promotion and advertising opportunities via our newsletter, web and calendar.

- The lowest membership dues in the area that permit businesses to tie in to all the resources offered by the GDMP

Are you still wondering if there is any benefit for you to join the Chamber? If you care about growing your business and helping the community of Windsor Heights, please consider becoming a member. If you are a small business trying to grow into a big business — and dollars are hard for you right now — step up with some volunteer time in lieu of dollars.

Talk to us about how to offset membership dues, until you grow bigger. However you go about it, join us, roll up your sleeves and dig in. Work with the Chamber as we advocate for Windsor Heights, and for your own business. You can help us grow as you help your own business become what you want it to be. Win-win. ■

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Windsor Heights **Living** magazines



Claudia Wulf, Grace Kayko, Carter Wulf, Jason Wulf and Tony Waltier at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Susan and Jenny Jensen at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Clay Garcia and Blake Wheeler at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Ron and Carol Larsen at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Sharron Strait and Dwight Uitermarak at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Tad Watson and David Langley at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Karla Hogrefe and Kayla Young at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Amara and Chris Brown at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Craig and Kati Jensen at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Fabio Rivas and Bo Gaudineer at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Don and Anita Schwenelzer at the Windsor Heights Annual Firefighters pancake breakfast on May 18.



Sidney Corning and Ben Curry at the Windsor Heights Annual Firefighters pancake breakfast on May 18.

See more photos online at www.iowalivingmagazines.com

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