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Summer *Staycation!*

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welcome

By Shane Goodman, publisher

Jasmine?

Summer breeze, makes me feel fine, blowing through the jasmine in my mind.

Those are the words that James Seals and Dash Crofts wrote and sang in 1971 with their Billboard Top 10 hit song.

Here in early May, a summer breeze sounds wonderful. Blowing through the jasmine in my mind? I don't have a clue what that means. It was the early 1970s. Enough said.



Just mention the word summer, and positive images of green grass, hearty barbecues and lazy days at the pool are conjured up. We typically forget about the sweltering heat and thick humidity until they rear their ugly heads. But who wants to wreck a good mental image of summer now?

Instead, let's focus on all the good times that summer has to offer, and there are more than we could publish in the pages of this magazine. With that in mind, we provide a few local ideas for you

to consider as you plan your summer months around vacations, ball games, reunions and the like. Inside you will find information on free concerts and movies in the park, a mini-marathon and more — all right here locally.

The snow is gone (hopefully), the rainy season is nearly over, and the warm, summer breezes are their way. Better hold on to the jasmine. Thanks for reading.



Shane Goodman
Publisher

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



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Summer Staycation!

TIPS FOR ENJOYING A SPECTACULAR SUMMER IN WINDSOR HEIGHTS

By Michael Swanger

Mention the words “summer vacation,” and chances are you probably start daydreaming about exotic locales, sandy white beaches or family fun at a big theme park. If you are fortunate enough, you have the time and the resources to plan such a luxurious vacation. However, for most people, especially families with young children, a big vacation does not always fit into their summer plans.

With that in mind, we wanted to promote some of the fun things happening right here in your own backyard this summer, many of which are free or can be enjoyed at a nominal cost compared to expensive vacations. You could schedule your entire summer vacation around the free activities being held at Colby Park, including free movies and concerts, not to mention play time at the park’s renovated green



Above: Andrew and Brook Wade, and their two sons Dominic and Drake, are planning a “staycation” this summer in Windsor Heights as their calendar is filled with baseball games and free community events and activities. Bottom left: The local dog park is one way to enjoy the outdoors this summer.



space and playground. Then there are other time-honored activities such as playing baseball or softball, swimming, riding bikes, picnics, camping, a mini marathon, the Fourth of July parade, summer camps, or just curling up with a good book to consider.

Brook and Andrew Wade of Windsor Heights are planning another staycation this summer with their two young children, Dominic, 8, and Drake, 6. Between a busy baseball schedule and an assortment of community events, their summer calendar is filling up quickly.



Thousands of residents and visitors are expected to attend free concerts and movies this summer at Colby Park.

"We like to go to Colby Park to play and ride bikes with the kids. I'm a member of the Windsor Heights Chamber of Commerce, so we also walk in the Fourth of July parade and enjoy the activities at the park afterwards. We also go to the annual pancake breakfast hosted by the fire department and plan on helping out with WHAMM! (Windsor Heights Annual Mini Marathon! on May 18), attending National Night Out and the free concerts and movies in the park," says Brook Wade, who works at Banker's Trust. "It's nice to have things to do with the kids that are free."

Baseball, though, dominates the Wade Family's summer. Their oldest son plays on two baseball teams and will compete in approximately 60 games this summer and their youngest son will play another 12 games or more with his team. Additionally, the family patriarch coaches freshman baseball at Roosevelt High School and his team will play about 45 games.

"It's baseball all summer, just about every night," says Andrew Wade, who in his spare time after work also is enrolled part-time at Drake University where he is earning his master's degree. "Finding time to go on a big vacation is impossible so we try to enjoy local things when we can, as well as things in the area like the zoo, pools and Gray's Lake."

Brook Wade says that she also enjoys getting to know her community better by sticking close to home during the summer and taking advantage of the fun, free things to do.

"You get to know quite a few people in Windsor Heights by going to all of the events here," she says. "It's not unusual for our whole neighborhood to go to these things with the kids."

The city and various local organizations combine their resources to offer a multitude of free activities for local families every sum-

mer. One of the first events to kick off the summer season is the Windsor Heights Annual Mini Marathon! (WHAMM!) which slated to be held on Saturday, May 18. The event is open to runners and walkers of all abilities and proceeds benefit The Muscular Dystrophy Association, which provides comprehensive medical services to hundreds of people in Central Iowa. Last year's event raised more than \$8,000.

The run/walk starts at 8 a.m. and offers participants the option of completing a 5K single loop or 10K double loop that begins and ends at 66th Street and University Avenue and travels through the neighborhoods of Windsor Heights. Each participant receives a free T-shirt, post-race food and ticket to the Windsor Heights Fire Fighter Pancake Breakfast. Medals to the top male and female runners will be awarded at 9:45 a.m. Details regarding registration can be found on the city's website: www.windsorheights.org.

"A lot of people say that WHAMM! is a great warmup for the Dam to Dam race (held June 1 in Des Moines)," says Tracy Levine, parks and special events coordinator for Windsor

Heights. "Proceeds go to the MDA, which helps people on so many levels. There's also a kids run and mascot run with mascots from local sports teams. That day the fire department also hosts its annual pancake breakfast and families can visit the firehouse. It's a lot of fun."

A few weeks after WHAMM! the sounds of summer kick off with the free Windsor Heights Music in the Park series. Ten concerts will be held Tuesdays at 7 p.m. at Colby Park from June 11 to Aug. 13. Bands performing a variety of styles of music from jazz and klezmer, to '60s rock and pop, to contemporary popular music can be heard.

Each concert not only offers free admission, but free beverages courtesy of Bankers Trust, free snow cones by the Windsor Heights Lions Club and free popcorn provided by the Windsor Heights Foundation, which organizes the event. Door prizes will also be awarded at each show.

The series begins June 11 with a repeat performance by the acclaimed Ralph Zarnow Orchestra. Directed by Dan Hartzler, the large ensemble performs classic Big Band songs.

"Zarnow was the biggie from the 1950s to 1970s," says George Hanusa, president of the Windsor Heights Foundation. "We have a variety of styles of music that appeals to a wide range of people."

Hanusa says that organizers invite at least one new band to perform each year for the series. This year, the Bristols will bring their brand of '60s music to Colby Park for the first time.

Organizers also say that the setting at Colby Park not only attracts music fans, but families and visitors who want to be part of the activities at the park. They say that fans from as far away as Newton, Ankeny and all corners of Des Moines attend the series, which averages about 350 people per concert and has drawn as many



The Java Jews bring their eclectic, entertaining brand of Klezmer jazz to Colby Park for this summer's Windsor Heights Music in the Park free concert series on June 18.

as 750 concert goers.

"Colby Park and the pavilion is a great venue, enjoyed by the musicians and audience alike. It's a plus having a playground nearby, which is an added attraction for younger families. It's always busy during the concerts," says Hanusa, noting that this year children can also play on a new piece of playgrounds equipment dedicated to the memory of the late Al Hunter, the town's former fire chief.

Hanusa says that the free concert series in Windsor Heights is unlike similar events that have popped up over the years in other communities.

"I think we are unique in not only providing free concerts, but also offering free beverages, snow cones and popcorn," he says. "All of those freebies involve volunteers. All in all, there are many people and entities involved in providing warm hospitality to the people who come."

Another popular free summer series at Colby Park is the annual Movies in the Park, which is held Fridays at dusk and features several family-friendly flicks. Pre-show activities begin at 7 p.m. and hot dogs, popcorn and beverages will be sold. This year's movies to be screened outdoors include "The Lorax," "Up" and "The Avengers."

"This year's lineup is special and the outdoor setting at Colby Park is beautiful for movies," says Levine. "I see kids snuggled in their blankets with their parents watching the movie, or people playing with their dogs because we encourage them to bring their pets to the movies. Events like these make our community stronger."

Perhaps no other event, however, tops off a summer staycation like the Fourth of July parade and celebration in Windsor Heights. This year's parade starts at 1 p.m. and will include antique automobiles, drill teams, drum squads, floats, marching bands, youth and adult groups and new and vintage farm equipment marching along 73rd Street and University Avenue before winding up at Colby Park where a celebration with inflatables, music, fireworks and food will be held.

Other noteworthy local events include local youth camps such as the "Cultureall Caravan" to be held June 10-14 or the "Voices of Culture" scheduled for July 8-12; food lovers participating in "Bastille Day Picnic" on July 14 or the "Raw and Refined" event held in conjunction with Raw Food Week on Aug. 22; and dog lovers taking their beloved pets to the local dog park which will reopen in early June after undergoing new seeding. ■

Free Colby Park Summer Events

Windsor Heights Music in the Park

Tuesdays at 7 p.m.

June 11 — Ralph Zarnow Orchestra

June 18 — Java Jews

June 25 — Sacred Heart Sax and Brass

July 2 — Party Gras Classic Jazz Band

July 9 — Bristols

July 16 — Urbandale Community Adult Band

July 23 — Hold On

July 30 — Hot Club of Des Moines

Aug. 6 — Greater Des Moines Community Band (and Night Out Against Crime activities)

Aug. 13 — Freestyle

Movies in the Park

Movies shown at dusk. Pre-movie activities start at 7 p.m.

June 21 — "The Lorax"

June 28 — "101 Dalmatians"

July 12 — "Rise of the Guardians"

July 19 — "Dolphin Tale"

July 26 — "Up"

Aug. 2 — "The Avengers"

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Photo by Rebecca Bowen

David Fish helps people he know and loves with projects they need done.

Bettering lives

Fish is happiest when his skills help others

By Rebecca Bowen

One might guess that after two generations of interest in the carpentry and woodworking business, you might say that it “runs in the family.” Not so fast, cautions Dave Fish.

“I’ve had an interest in woodworking ever since I can remember,” comments Fish. “My dad did it as a hobby, and it’s always been my profession, and now I own my own business, Fishaus, but it’s funny because my son never took an interest in it until he just recently bought a home and has a use for it.”

In fact, Fish has recently dedicated a lot of time (and miles) to working on a remodel and attachment on his son’s house, which is located in Dallas, Texas.

“We’ve tried to do most of the remodeling portion ourselves,” explains Fish. “The main thing so far has been renovating the kitchen. We took the old one out, and we’ve put a lot of new things in, including cabinets. I kind of designed what we wanted done and have been working on it ever since.”

“When I have time off from homes that I work on through my business, I have unlimited opportunities to help people that I know and love with projects that they need done,” Fish explains. “This

has definitely included my son and his endeavors. My wife, Julia, and I go down there several times a year for a couple days or weeks sometimes. I load up my truck with some tools and head down; it gives me something to do, and I feel like I’m helping him and my knowledge is appreciated.”

The tools that Fish so fondly speaks of are located in the unattached garage in his backyard, which also provides a workspace for the multitudes of other pieces that he creates for the custom homes he has been building now for more than 10 years.

“I’ve always dreamed of starting my own business and got started on my own in an interesting and unfortunate situation when a friend of mine’s house burned down. I was able to point him in the direction for architects to design his new home, and I built it. That’s how it all got started.”

Although Fish has turned Fishaus into a multi-functional homebuilding business, his most proud moments come when he feels like he is really helping other people.

Fish beams. “It’s very satisfying to think that you’re bettering lives in a way that’s going to last a long time, possibly even generations.” ■

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?*

Feed my sheep

Religious council, church work to raise funds

By Rebecca Bowen

With the summer season approaching, staying active, nourished and hydrated is a top priority for everyone, including those who depend on their local area food pantry.

The Des Moines Area Religious Council (DMARC) Food Pantry is dedicated to helping those families in need, and, in a partnership with **Windsor Presbyterian Church**, plans to raise enough money to meet their goal of reaching \$52,000 in donations in 2013. The DMARC website, [MoveTheFood](http://MoveTheFood.com), states they will serve about 33,000 individuals this year, with nearly half being children and youth.



The Des Moines Area Religious Council Food Pantry and area churches are working to raise funds to feed the hungry.

Spread the Word

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

During the months of March and April, local philanthropist, Douglas M. Woods, has vowed to provide 50 cents per every dollar donated to the DMARC Food Pantry. If their current goal is reached, it will provide more than 70,000 meals for hungry families in Greater Des Moines throughout the rest of the year.

Windsor Presbyterian is also in the middle of another avenue of giving to the local food pantry. The Feinstein Challenge, which gave \$42,000 in donations in 2012, resulting in about 56,000 meals for families, will also match every donation throughout the months of March, April and May dollar for dollar. Therefore, each dollar contributed equals \$2.50 for the local food pantry.

Many other churches in the

Windsor Heights Community are also making the food pantry a priority, now and throughout the year. **Windsor United Methodist** is actively raising money and food donations for the local area Emergency Food Pantry, and a grocery cart is available at the church to deposit your items. The church is asking specifically for some of the most valued items including peanut butter, soup, tomato sauce, canned vegetables and fruits, packaged dinners, macaroni and cheese dinners, noodles, crackers, rice, infant formula and diapers.

For more information on the DMARC Food Pantry, visit their website at www.movethefood.org. This website includes information on how to get involved, as well as the [MoveTheFood](http://MoveTheFood.com) blog and hunger statistics. Volunteers are always welcome to host a food or diaper drive, or simply help out at any number of different [MoveTheFood](http://MoveTheFood.com) events. Any contribution that can be made to either of these food pantries, or any throughout the Des Moines area is greatly appreciated. ■

Friday, May 17

- Iowa Cubs game vs. Tucson Padres at home, fireworks, 7 p.m.
- V Girls/Boys State Track Tournament at Drake Stadium
- VHS Girls Soccer Tournament, 5:30 p.m.

Saturday, May 18

- Iowa Cubs game vs. Tucson Padres at home, 7 p.m.
- V Girls/Boys State Track Tournament at Drake Stadium
- Annual Pancake Breakfast, all proceeds benefit the WH Firefighters Association, 8 a.m. - 1 p.m., Fire Station, 1133 66th St.
- WHAMM!, annual min-marathon to help support the MDA, fun for the whole family, visit www.windsorheightschamber.com for more info.
- V Girls Tennis Regionals
- V Boys Tennis Substate Tournament
- VHS Girls Soccer Tournament, 10 a.m.

Sunday, May 19

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

Monday, May 20

- Iowa Cubs game vs. Las Vegas Mets at home, 6:30 p.m.
- Chamber Lunch, noon - 1 p.m., Jimmy's Big Ten Restaurant and Bar, 1238 8th St., West Des Moines.
- V Girls Golf Regionals
- V Boys Substate Soccer Tournament

- V Girls State Tennis Tournament
- VHS JV/V Softball at Pella, 6/7:30 p.m.
- City Council Meeting, 6 p.m., Council Chambers.

Tuesday, May 21

- V Girls State Tennis Tournament
- RHS JV/V Baseball vs. ADM, 3:30/5:30 p.m.
- RHS 9/JV/V Girls Soccer at Dowling, 3:45/5/6:15 p.m.
- VHS JV/V Softball at DM Hoover, 4:30/6 p.m.
- VHS JV/V Baseball vs. DM Lincoln, 5 p.m.
- VHS JV/V Soccer vs. DM Lincoln, 6/7:30 p.m.
- VHS 9 Softball at SEP, 6 p.m.

Wednesday, May 22

- Last Day of School for WCC Seniors
- Iowa Cubs game vs. Las Vegas Mets at home, noon.
- V Boys Substate Soccer Tournament
- RHS 9/10 Baseball vs. Dowling, 3:30/5:30 p.m.
- RHS V Baseball at Dowling, 5 p.m.
- VHS National Honor Society Induction Ceremony, 6:30 p.m.,
- VHS JV/V Softball vs. Mason City, 4:15/6 p.m.
- Planning & Zoning Meeting, 4:30 p.m., City Hall.

Thursday, May 23

- Last day of school for 12th Grade Students -DMPS
- Last day of school for VHS seniors
- Walnut Creek Campus Graduation

- Iowa Cubs game vs. Las Vegas Mets at home, noon.
- VHS 9/JV/V Girls Soccer at Ames, 4:45/6/7:30 p.m.
- VHS JV Baseball vs. DM East, 5 p.m.
- VHS 9 Softball vs. DM East, 6 p.m.

Friday, May 24

- Iowa Cubs game vs. Oklahoma City RedHawks at home, fireworks, 7 p.m.
- VHS JV/V Softball vs. DM East, 6/7:15 p.m.
- Boys State Tennis Tournament

Saturday, May 25

- Iowa Cubs game vs. Oklahoma City RedHawks at home, 7 p.m.
- Boys State Tennis Tournament
- V Boys Substate Soccer Tournament
- RHS Graduation, 7 p.m., Knapp Center.
- Senior Party, 10:30 p.m., Roosevelt High School.
- VHS V Baseball at Cedar Rapids Washington, noon.
- Community Coffee Club, 9 a.m., Grounds for Celebration.

Sunday, May 26

- Valley High School Graduation
- Iowa Cubs game vs. Oklahoma City RedHawks at home, 1 p.m.

Monday, May 27

- Memorial Day
- No School - DMPS
- No School - WDMPS
- Iowa Cubs game vs. Oklahoma City RedHawks at home, 1 p.m.

Tuesday, May 28

- V Girls State Golf Tournament
- V Boys State Tennis Tournament
- V Girls Soccer Regionals
- RHS JV/V Softball at Urbandale, 4:15/6 p.m.
- RHS 9/10 Baseball at DM Hoover, 5/7 p.m.
- RHS JV/V Baseball at SEP, 5/7 p.m.
- VHS 9 Softball vs. Waukee, 5 p.m.

- VHS JV/V Softball at Waukee, 6/7:30 p.m.

Wednesday, May 29

- V Girls Soccer Regionals
- V Girls State Golf Tournament
- RHS JV/V Softball vs. DM Hoover, 2:30/4:15 p.m.
- RHS V Baseball vs. DM Hoover, 3:30 p.m.

Thursday, May 30

- V Boys State Soccer Tournament
- V Girls State Tennis Tournament
- RHS V Baseball vs. Fort Dodge, 3:30 p.m.
- RHS 9/10 Baseball at Fort Dodge, 4/6 p.m.
- VHS 10 Baseball vs. DM Hoover, 5 p.m.
- VHS V Baseball at DM Hoover, 5 p.m.

Friday, May 31

- Last Day of School - WDMPS
- V Boys State Soccer Tournament
- V Girls State Tennis Tournament
- RHS V Softball at North Polk, 11 a.m.
- RHS 10 Baseball vs. Waukee, 3:30 p.m.
- RHS V Baseball at Waukee, 5 p.m.
- VHS 9 Baseball vs. DM Hoover, 5 p.m.

Saturday, June 1

- Iowa Cubs game vs. New Orleans Marlins at home, 7 p.m.
- V Boys State Soccer Tournament
- V Girls State Tennis Tournament
- RHS V Softball at North Polk, 11 a.m.
- VHS V Softball Tournament, TBD.

Sunday, June 2

- Iowa Cubs game vs. New Orleans Marlins at home, 1 p.m.

Monday, June 3

- Iowa Cubs game vs. New Orleans



UPCOMING HOME GAMES

| | |
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| MAY | 16-19 Tucson Padres |
| | 20-23 Las Vegas 51s |
| | 24-27 Oklahoma City RedHawks |
| JUNE | 1-4 New Orleans Zephyrs |
| | 6-9 Round Rock Express |
| | 14-17 Omaha Storm Chasers |
| | 18-21 Nashville Sounds |

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Marlins at home, 7 p.m.

- V Girls Soccer Regionals
- RHS 9/10 Baseball vs. Indianola, 3:30 p.m.
- RHS 9/JV/V Softball at Indianola, 1/5/6 p.m.
- VHS V Softball vs. Dowling, 4:15/6 p.m.
- VHS 10 Baseball vs. Dowling, 5 p.m.
- VHS V Baseball at Dowling, 5 p.m.
- City Council Meeting, 6 p.m., City Hall.

Tuesday, June 4

- Last day of school for elementary and middle schools - DMPS
- Iowa Cubs game vs. New Orleans Marlins at home, noon.
- V Girls/Boys State Tennis Tournament
- RHS 9/V Softball vs. Ames, 4:15/6 p.m.
- RHS JV Baseball at Dowling, 5 p.m.
- VHS 9 Baseball vs. Waukee, 5 p.m.
- VHS 10/V Baseball at Waukee, 5/7:30 p.m.

Wednesday, June 5

- Last day of school for high school - DMPS
- RHS 9/10 Baseball at DM East, 3:30 p.m.
- RHS 9/V Softball vs. DM East, 4:15 p.m.
- RHS V Baseball vs. DM East, 3:30 p.m.
- VHS V Baseball vs. Iowa City, 3 p.m.

Thursday, June 6

- Iowa Cubs game vs. Round Rock Express at home, 7 p.m.
- V Girls State Soccer Tournament
- RHS 9/10 Baseball at Mason City, 5 p.m.
- RHS V Baseball vs. Mason City, 3:30 p.m.
- VHS 8 Softball at Indianola, 9 a.m.
- VHS 9 Softball vs. Mason City, 1 p.m.
- VHS 9/10 Baseball at Ottumwa, 5 p.m.
- VHS V Baseball vs. Ottumwa, 5 p.m.

Friday, June 7

- Iowa Cubs game vs. Round Rock Express at home, fireworks, 7 p.m.

- V Girls State Soccer Tournament
- RHS 9 Baseball vs. Dowling, 10:30 a.m.
- VHS V Softball at Davenport, TBD.
- VHS 10/JV Baseball at Ankeny Centennial, 11:30 a.m./5 p.m.
- VHS 9 Baseball vs. Ankeny Centennial, 11:30 a.m.
- VHS 9 Softball at DCG, noon.

Saturday, June 8

- V Girls State Soccer Tournament
- ACT Test Date
- Iowa Cubs game vs. Round Rock Express at home, 7 p.m.
- RHS 9 Baseball vs. Council Bluffs St. Albert, noon.
- VHS V Softball at Davenport West, TBD.
- VHS JV Softball at Urbandale, 4 p.m.

Sunday, June 9

- Iowa Cubs game vs. Round Rock Express at home, 1 p.m.

Monday, June 10

- WDMPS Board Meeting, 7 p.m.
- VHS 8 Softball at Johnston, 9 a.m.
- VHS 9/JV/V Softball at Johnston, 1/4:15/6 p.m.
- VHS 9/10 Baseball vs. Johnston, 11:30 a.m./5 p.m.
- VHS V Baseball at Johnston, 5 p.m.
- RHS 9/V Softball at DM North, 3:15/6:15 p.m.
- RHS V Baseball at DM North, 3:30 p.m.
- RHS 9/10 Baseball vs. DM North, 3:30 p.m.

Tuesday, June 11

- Music in the Park, Ralph Zarnow Orchestra (big band sound), free, 7 p.m., Colby Park.
- VHS 8 Softball at SEP, 9 a.m.
- VHS 9/JV Baseball at Johnston, 11:30 a.m./2 p.m.

Wednesday, June 12

- VHS 9/10 Baseball vs. Marshalltown, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at

Marshalltown, 1/4:15/6 p.m.

- VHS V Baseball at Marshalltown, 5 p.m.
- RHS 9/10 Baseball vs. DM Lincoln, 10:30 a.m./3:30 p.m.
- RHS 9/V Softball at DM Lincoln, 1/6 p.m.
- RHS V Baseball at DM Lincoln, 3:30 p.m.

Thursday, June 13

- VHS 8 Softball vs. Urbandale, 9 a.m.
- VHS 9 Softball vs. Norwalk, noon.
- VHS JV/V Baseball vs. Cedar Rapids Kennedy, 5/7 p.m.
- RHS V Softball at Ottumwa, 6 p.m.

Friday, June 14

- Flag Day
- Iowa Cubs game vs. Omaha Royals at home, fireworks, 7 p.m.
- VHS V Softball at Urbandale, TBD.
- VHS 9 Softball vs. Dowling, 1 p.m.

Saturday, June 15

- VHS V Softball at Urbandale, TBD.
- Iowa Cubs game vs. Omaha Royals at home, 7 p.m.

Sunday, June 16

- Father's Day
- Iowa Cubs game vs. Omaha Royals at home, 1 p.m.

Monday, June 17

- Iowa Cubs game vs. Omaha Royals at home, noon.
- City Council Meeting, 6 p.m., Council Chambers.
- VHS 8 Softball vs. Ankeny, 9 a.m.
- VHS 9/10 Baseball vs. Urbandale, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at Urbandale, 1/4:15/6 p.m.

Tuesday, June 18

- Iowa Cubs game vs. Nashville Brewers at home, 7 p.m.
- Music in the Park, Java Jews, free, 7 p.m., Colby Park.
- Chamber Night at the Cubs, Principal Park., Des Moines.
- VHS 8 Softball at Waukee, 9 a.m.
- VHS JV Baseball at Urbandale, 11:30 a.m.
- VHS 9 Softball at DM East, 1 p.m.
- RHS 9 Baseball vs. Waukee, 10:30 a.m.

Wednesday, June 19

- Iowa Cubs game vs. Nashville Brewers at home, 7 p.m.
- VHS 9 Baseball at SEP, 11:30 a.m.
- VHS 9/JV/V Softball vs. SEP, 1/4:15/6 p.m.
- VHS 10 Baseball at SEP, 5 p.m.
- VHS JV/V Baseball vs. SEP, 5/7 p.m.
- RHS 9/10 Baseball at Ottumwa, 11:30 a.m./5 p.m.
- RHS V Baseball vs. Ottumwa, 3:30 p.m.
- RHS V Softball vs. Ottumwa, 4:15 p.m.

Thursday, June 20

- Iowa Cubs game vs. Nashville Brewers at home, 7 p.m.
- VHS 8 Softball vs. DM East, 9 a.m.
- VHS JV/V Baseball vs. DM Roosevelt, 5/7 p.m.
- RHS 9/10 Baseball vs. SEP, 10:30 a.m./3:30 p.m.
- RHS JV/V Baseball at Valley, 5/7 p.m.

Friday, June 21

- First day of summer
- Iowa Cubs game vs. Nashville Brewers at home, fireworks, 7 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.



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



MAY 2013
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2013 WINDSOR HEIGHTS ANNUAL MINI MARATHON WALK, RUN, BE HEALTHY

It is not too late for walkers and runners of all ages to enter the Saturday, May 18 annual WHAMM. Registration takes place at www.getmeregistered.com until May 15 and on the day of the event.

When: Saturday, May 18, Race 8 am, Awards 9:45 am

Where: Course runs throughout the City of Windsor Heights.

The awards ceremony will take place in the RE/MAX parking lot.

Finish chute on 66th Street.

Parking is available at the Town Center parking lot, 65th and University.

What: 5K and 10K Run/Walk to benefit the Muscular Dystrophy Association.

Run/walk is followed by a kids run, mascot run, refreshments, and the Windsor Heights Fire Fighter Pancake Breakfast.

After WHAMM enjoy a delicious breakfast while supporting another great group.

Windsor Heights Volunteer Firefighter's Association invites you to the 61st Annual



PANCAKE BREAKFAST

Come let the members of the Windsor Heights Fire Department cook your breakfast! Meal includes pancakes, sausage, fresh coffee, orange juice, and milk.

When: Saturday May 18, 2013

8:00 am – 1:00 pm

Cost: Family Ticket \$12; Individual Ticket \$5

Where: Windsor Heights Fire Station

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MOST BEAUTIFUL YARD CONTEST

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You may nominate a fellow Windsor Heights resident, or your own yard, for recognition in this annual contest. The yard selected as this year's winner will receive a beautiful yard stone, and two runners-up will each receive a \$50 gift certificate to Windsor Heights business Wild Birds Unlimited.

The contest is an important way to recognize the efforts made to keep our community beautiful and to increase our community spirit. Everyone is invited to help make this year's contest the biggest ever.

Entry forms are available at City Hall or on the Windsor Heights city website. Entries are due Friday, June 14.

Keep Windsor Heights Beautiful is an offshoot of Keep Iowa Beautiful and its mission is to engage citizens, businesses and governments in Windsor Heights to take greater responsibility for beautifying and improving the community we all love.

NOMINATE FOR THE 2013 CITIZEN-OF-THE-YEAR AWARD

Nominations are now being accepted and will close on Friday, May 24.

Do you know a person worthy of the distinction of being selected Citizen-of-the-Year? Criteria include how an individual's volunteer efforts benefit the quality of life within the City of Windsor Heights. The criteria and application form are available on line, www.windsorheights.org or may be picked up at City Hall. Think of someone who helps make our city great. Then, share their name for this prestigious honor.

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Conservation Class Open to the Public

A class sharing information on incentives and rebates available through MidAmerican Energy is being offered on Thursday, June 20, 5:30 – 7:30 pm. The goal is to increase home energy efficiency to residents with up to 12 CFL light bulb replacements. Reservations are not necessary. There will be free giveaways.

HUMAN TRAFFICKING AND SEXUAL EXPLOITATION PRESENTATION IMPORTANT INFORMATION

The Windsor Heights Lion's Club and the City of Windsor Heights invite the public to attend a program about the trafficking activities of young people 11 to 18 years of age and the sexual exploitation problems. This presentation will be held at the Windsor Heights Community and Events Center on Tuesday, June 4 at 7:00 pm.

The speaker will be Michael Ferjak, Iowa Department of Justice, who leads the Attorney General's Human Trafficking Enforcement and Prosecution Initiative. Mr. Ferjak is a criminal investigator with the Iowa Department of Justice- Office of the Attorney General. He has been involved with the law enforcement profession since 1973 and has served in positions ranging from patrol officer to Chief of Police.

Mr. Ferjak's powerful presentation addresses sexual exploitation problems occurring in Iowa. He provides frightening facts of what is going on with these children. The informative program builds awareness about the issue and how to respond when a potential problem occurs.

Parents and adults involved with education, retail business, churches, and the general public are all encourage to attend. There is no charge and reservations are not necessary.

WINDSOR HEIGHTS LION'S CLUB MARKS 50TH ANNIVERSARY – BUFFET BANQUET

The Windsor Heights Lion's Club is proud to be completing its 50th year as a club. The original charter was issued on March 22, 1963. To celebrate this milestone, members are hosting a dinner on Tuesday, May 21 at 6 pm at the Windsor Heights Community & Events Center.

All Windsor Heights' residents, Chamber and Foundation members, and City staff, are invited to attend. Additionally, past Lion's Club members and members from other clubs, including State and District officers and their staff, and family are invited.

The cost is \$10.00 per person. Dinner will be catered by Hy-Vee. Reservations can be made by calling or e-mailing Jerry Adams at (515) 278-4431, adamswx_1@msn.com

The Lion's Club has been involved with numerous projects that support the activities of Windsor Heights over the years and the club wants the Community to share in this special occasion.

"END OF LIFE SERIES" WELL ATTENDED

The Windsor Heights Foundation concluded a four-week topical seminar entitled, "How to Feel Secure about End of Life Issues." On April 25, attorney Ned Miller (past WH City Council and past WH Mayor) presented on the subject, "substitute powers," such as financial power of attorney or durable power of attorney for health/medical concerns. Mid-way through (at press time) more than 30 people attended with about 60 different people attending at least one of the sessions thus far. Thanks to the Foundation for offering this valuable information.

THIS SUMMER'S OUTDOOR MOVIES IN THE PARK PRESENTED BY WALMART

The Movies in the Park series is back again this year in Colby Park. Many thanks are extended to the Windsor Heights Walmart, as a sponsor of this program.

With a better than ever line-up, Movies in the Park offers outdoor cinema at its best. The movies are shown at dusk with a pre-activity beginning at 7 pm. Lawn chairs, blankets and picnics are all welcome.

June 21 - *The Lorax*, 2012

June 28 - *101 Dalmatians*, 1996

July 12 - *Rise of the Guardians*, 2012

July 19 - *Dolphin Tale*, 2012

July 26 - *Up*, 2009

August 2 - *The Avengers*, 2012

NEW YOGA CLASS TO BE OFFERED IN MAY AND JUNE

Viniyoga for Joint Stability will be offered at the Windsor Heights Community & Events Center for six weeks on Mondays and Wednesdays from Monday, May 13 through Wednesday, June 19 (no class Memorial Day). There will be two sessions, 12 noon – 1 pm and 5:30 – 6:30 pm. The cost is \$110.

This class is sequenced to build the core strength and coordination for ease in the movements of the back and the major joints, particularly the hips and shoulders. While the class is appropriate for any level of yoga practitioner, there will be no advanced asanas (postures). The only prerequisites are an open mind and the ability to breathe!

Carrie Ellen Giunta is a graduate of the American Viniyoga Institute in CA. Preregistration for the class is required. Please feel free to email/call with additional questions. Sit.withme@yahoo.com, 917-723-2467. A minimum of six per session will be needed. Attendees are asked to bring a mat and a firm beach towel or blanket.



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Smokin' in the Junction

in Historic Valley Junction
a Kansas City Barbecue Society Sanctioned BBQ Contest

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Saturday, May 25
Noon to 10pm
Sidney Lett
Noon-2pm
Fahrenheit
2:30-5pm
Randy Burk & the Prisoners
5:30-7:30pm
Danny Grause
8-10pm

Sunday, May 26
Noon to 9pm
Sumpin' Doo
Noon-2pm
Comfort Zone
2:30-4pm and 5-6pm
BBQ Awards Ceremony
4-5pm
Bonne Finken & the Collective
6:30-9pm

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www.amazingdays.com



Meet Joan Looker

World-class teacher will retire this year

By Rainey Cook

As you walk into Joan Looker's classroom, there are chairs scattered in a non-uniform, functional manner. There are little international trinkets all over — a multicolored round wicker basket, painted dolls, posters and, of course, a globe.

This is the English Language Learner (ELL) room at Roosevelt High School — front and center — just as you walk into the building.

"When I was a kid, I always had pen pals from different countries," says Looker. "I was also in the Peace Corps years ago, and I love to travel."

And so she landed the perfect career for her — an ELL teacher. She also says she feels she doesn't have to travel, as the world comes to her through her students.

"I really enjoy meeting each of their parents as well," she says.

There are many things to like about ninth through 12th grade students. Mostly she enjoys their enthusiasm and idealism.

"They all want to make the world a better place," Looker says.

Her students come from approximately 40 different countries and speak Nepali, Arabic, Spanish, Somali, Vietnamese and Swahili, to name a few. The 2013 graduating seniors will honor three Vietnamese students as valedictorians — all from her ELL class.

Looker appreciates the fact that the Roosevelt administration is very welcoming to her students.



Joan Looker is the English Language Learner Instructor at Roosevelt High.

She loves that her room is placed front and center right as you walk in the front doors and enjoys that her students can use it as a gathering place if need be.

Not only are her days filled with ELL material, she also focuses on motivating her students to continue on to college and to reach for scholarships. She speaks of the American culture and assures her students it's not the same as what they see on TV and movies. She also watches CNN Student News with her classes and keeps them abreast of current news.

The next big event she is excited about is taking approximately 60 ELL students to Adventureland.

"This will be the first time some of these students will have ever been to an amusement park," she shares.

The Roosevelt Foundation named Looker 2013 Teacher of the Year. She is retiring in June. She plans to extend her career and work as the student teacher supervisor for Iowa State University. ■

What do you like best about your teacher?



Subash Gurung: "She's a really nice teacher. She helps us in her class and other subjects."



Pascal Niyondeko: "Sometimes I don't understand words. She's been teaching me English for two years."



Naresh Subedi: "She explains to me lots of things I don't understand. She's the best teacher."



Richel Baye: "She teaches us to believe in ourselves. She helps us turn work in on time."



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The Don

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MAKING SENSE OF INVESTING

Investors can learn from swimmer's diets

Summer isn't here yet, but it's getting close. And for many people, the arrival of summer means it's time for swimming at the local pool or lake.

If you're just a casual swimmer, you probably don't have to adjust your diet before jumping in. But that's not the case with competitive swimmers, who must constantly watch what they eat and drink, particularly in the days and hours preceding their races. While you may not ever have to concern yourself with your 400-meter individual medley "splits," you can learn a lot from swimmers' consumption patterns — particularly if you're an investor.

For starters, to sustain energy and stamina for a relatively long period of time, competitive swimmers need to eat easy-to-digest carbohydrates. When you invest, you need investments that provide carbohydrate-type benefits — in other words, investments with the potential to fuel a long-term investment strategy. Such a strategy usually involves owning a mix of high-quality stocks, bonds, government securities and certificates of deposit (CDs). By owning these vehicles, in proportions appropriate for your risk tolerance and time horizon, you can help yourself make progress toward your financial goals.

Of course, competitive swimmers have to be diligent not just in what they do eat but also in what they don't. That's why they avoid sweets, such as sodas and desserts, when it's close to race time. These items do not provide lasting energy — in fact, they actually sap energy once the sugar wears off. As an investor, you, too, need to avoid the temptation of "sweets" in the form of high-yield or "hot" investment vehicles. You



may find some of these investments to be alluring, but you will need to carefully weigh the extra risks involved. For many people, these types of investments may not provide the long-term stability needed to help maintain a healthy, productive investment portfolio.

While what swimmers eat or don't eat is important, it is also equally as important for them to stay hydrated. You, as an investor, need your own type of liquidity, for at least two reasons. First, you need enough cash or cash equivalents to take advantage of new investment opportunities as they arise; without the ability to add new investments, your portfolio could start to "dehydrate." Second, you need enough liquid investments — specifically, low-risk vehicles that offer preservation of principal — to create an emergency fund, ideally containing six to 12 months' worth of living expenses. Without such a fund, you may be forced to dip into long-term investments to pay for unexpected costs.

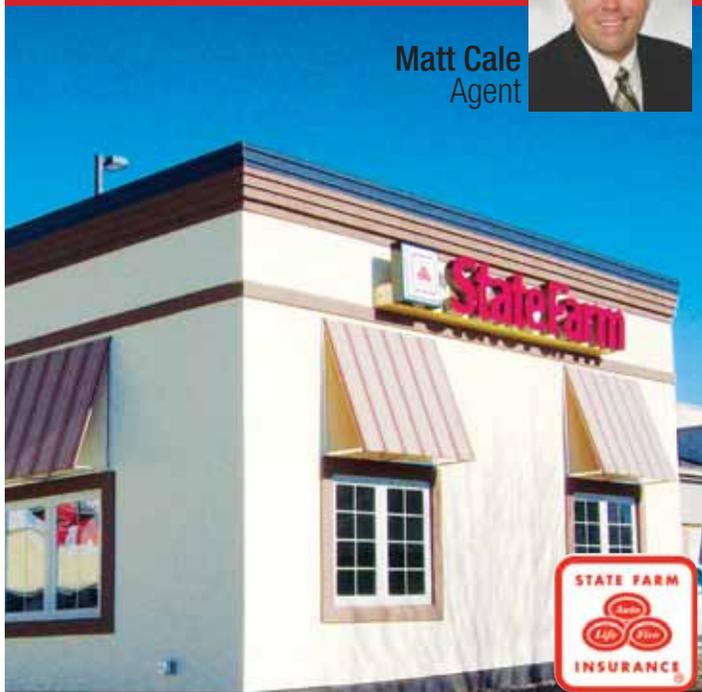
So the next time you see competitive swimmers think of the similarities to the type of "fueling" you'll need to keep your investment strategy moving forward. ■

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

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Photo by Rainey Cook



Tim Eakins thinks his home on Marilyn Drive is one of the best he's ever lived in.

One of the best

Eakins' blond brick ranch has quality features

By Rainey Cook

Tim Eakins has lived in and around Des Moines all his life in all kinds of houses.

"I was taking a short cut through Windsor Heights to get back to Des Moines one night and saw the For Sale sign," Tim recalls. "I knew I had to see this house."

That was seven years ago. One of the many things that he likes about his home is that he bought it from the original owners. It's a well-taken-care-of 1959 blond brick ranch delight.

"I am amazed at the effort that went into building this home, he says. "Every little detail is impeccable."

He loves the overhang that continues all around the house to keep it cool. The front living room is formal and for visiting. If you look closely, you'll find electrical outlets placed high by the curtain rod. This was for the fluorescent lighting that went behind the valances. The den is casual with the sign-of-the-times one brick wall that matches the brick on the outside of the home. The three sliding pocket doors amuse him.

The thick baby blue tile in one bathroom will never be replaced. Its custom-made corner pieces are

a secure fit forever. The indented dual soap holders and shiny metal tissue box holder is flush with the baby blue tile.

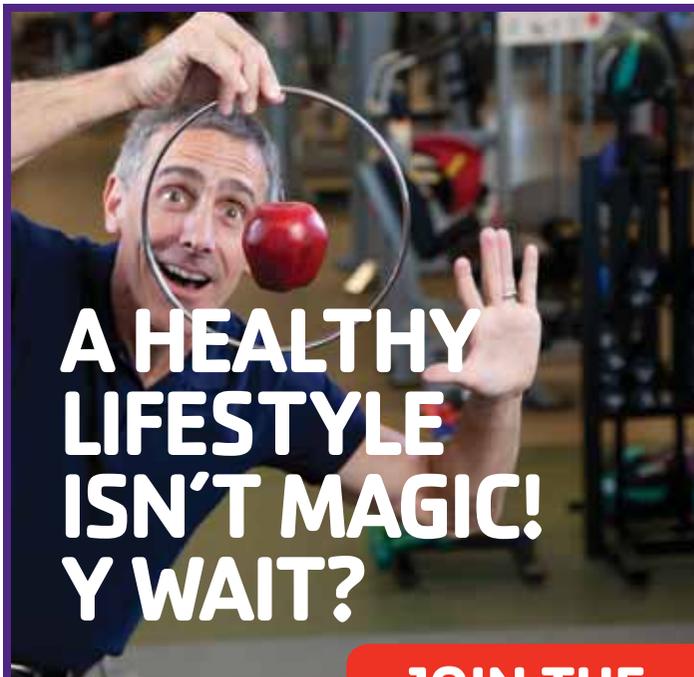
When Eakins moved in, there was carpet throughout the entire house. He recalls pulling it all back to find unblemished light oak hardwood floors. When he later redid the kitchen and matched the floors, he noticed the few minor installation blemishes in the kitchen floors and not one out of place board or crack in the meticulously placed hardwood in the living room — after all these years.

The front lawn is lush and rich in hue already. The brilliant yellow daffodils lighten up the entire porch.

The backyard is just as lively — only with real critters. Walnut Creek travels through Eakin's backyard and provides wildlife watching as well.

"In the last three days, I've seen a red fox, groundhogs, two opossums and two owls — not to mention all the deer," Eakins says.

All this is what makes Eakins house proud and willing to show off one of the best houses he has ever lived in. ■



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Becky and Alison Stevens at the grand opening of First Light Home Care on April 26.



Robert Houk, Andrea Houk and Alison Stevens at the grand opening of First Light Home Care on April 26.



Craig Jellings and Christian Collicott at Golf HeadQuarters in Windsor Heights on May 6.



Rich Levendusky at Cartridge World in Windsor Heights on May 6.



Dick Woltz at Wild Birds Unlimited on May 6.



Regina Ryan and Matt Kniefl of Edward Jones on May 6.



Casey Roberts at Hy-Vee Floral in the Windsor Heights Hy-Vee on May 6.



Mary Brannen in the Windsor Heights Hy-Vee on May 6.



Tyler Seher and Don Slemø at the Windsor Heights Hy-Vee meat counter on May 6.



Brenda Stewert and Sara Joy Deugan at the Windsor Heights Hy-Vee cake counter on May 6.



Angela, Tim and Shirley at the Windsor Heights Hy-Vee on May 6.



Sarah Fox and Lexi Bergler at Midwest heritage Bank in Hy-Vee on May 6.

See more photos online at www.iowalivingmagazines.com

The truth about tax on home sales

Criteria explained on real estate transactions

By Ross Barnett, attorney, Abendroth and Russell Law Firm

Our firm handles many real estate transactions. Important legal issues arise when you sell your home. Competent legal counsel can protect your interests when you buy or sell property.

We have been asked by some clients about the new 3.8 percent sales tax on home sales contained in the Patient Protection Affordable Care Act. This general statement is not accurate. While all real estate transactions were once subject to capital gains tax, there is now an exemption for the sale of a primary residence. Rental property, commercial real estate and homes that don't meet the criteria of a principal residence are still subject to tax. In general, no tax is owed for most sales of real estate if certain criteria are met.

First, the real estate must be your principal residence. If you owned the property and used it as your home for at least two years out of the last five, the property qualifies as a principal residence. Second, the sale must be the only sale of a principal residence in the last two years. Third, the property cannot have been used for business or rental purposes.

Finally, if the gain is less than \$250,000 for a single individual or \$500,000 for a married couple, no tax is owed. It is important to remember that this is gain and not the sales price. If you and your spouse purchased a home for \$300,000 and sold it for \$600,000, the transaction is excluded because the gain (\$300,000) is



under the limit for a married couple.

The Patient Protection Affordable Care Act does include a 3.8 percent tax on investment income for individuals making more than \$200,000 per year or married couples earning more than \$250,000 per year. However, the tax only applies to long-term gain above the exclusion limit for the sale of real estate. If you and your spouse purchased a home for \$300,000 and sold it for \$900,000, the gain is \$600,000. But the amount over the exclusion limit of \$500,000 for a married couple is only \$100,000. Only the gain is subject to the new tax, and then only if the household has income of more than \$250,000.

It is a myth that there is a new 3.8 percent tax applied to all real estate sales. The tax only applies to high-income individuals who have substantial gain in the sale of a primary residence. ■

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

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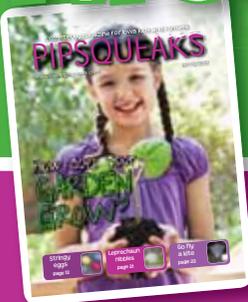


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WINDSOR HEIGHTS CHAMBER OF COMMERCE

out & about Submit photos to darren@dmcityview.com



Liz George and Cheryl Conner at the Windsor Heights Business Brainstorming event at Grounds for Celebration on April 30.

chamber news Call 279-3662

The value of networking

Young Professionals group begins June 6

By Leng Vong Rieff, Windsor Heights Chamber board member

As a young professional and a business owner, I've always found the value in networking.

After relocating my business to Windsor Heights in September, I sought other young professionals in the city. My opportunity came when I became a board member of the Windsor Heights Chamber of Commerce. With the support of the board members and young professionals in the area, I am proud to announce WHYPro (Windsor Heights Young Professionals).

Our kickoff event will be Thursday, June 6 at 515 Brewing Co. I encourage you to come out and meet other young professionals in the area. Whether you live or work in Windsor Heights, it's a great opportunity to meet new people and learn what WHYPro has to offer. If you can't make it to our kickoff event, please visit the Chamber's website on other

upcoming events. Here's a list of events WHYPro will be hosting throughout the year:

Monthly business meetings
Get to know your peers in the community at our monthly get-togethers. Times and locations will vary to accommodate different schedules.

Quarterly Networking Lunch
Network with your peers and join us for our quarterly lunches.

After Work Socials
Network with WHYpro members after work each month at 515 Brewing.

Volunteer
We are committed to giving back to the community. Each quarter we will dedicate our time and resources to helping a local organization. ■

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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.

Bike Helmet Tips

Children ages 5-14 go to emergency rooms for bicycle related injuries more than any other sport. A proper-fitting helmet is essential for everyone riding a bike and is the single most effective piece of safety equipment for riders of all ages. Here are some tips for getting your child a bike helmet:

- Purchase the proper size helmet. Helmets come in sizes from small to extra large.
- Buy a helmet that fits comfortably – your child will be more likely to wear it.
- Use the sizing pads or tighten the fit ring to create a snug fit for your child.
- Do the “Eyes, Ears and Mouth” check:

Eyes – The helmet should sit level on your child’s head and low on the forehead. When he or she looks up, they should see the bottom rim of the helmet. You should only be able to place one or two fingers between your child’s eyebrows and the rim.

Ears – Make sure the straps of the helmet form a “V” under and slightly in front of the ears when buckled. The strap should be snug but comfortable. The helmet should not rock back and forth or side to side.

Mouth – Have your child open his or her mouth as wide as possible. The helmet should hug his or her head.



www.mercyclinicsdesmoines.org



Our mission:

your *peace* of mind.

WesleyLife Hospice offers
the compassion you'd
expect from family.

Choosing hospice means cherishing every moment of every day. WesleyLife Hospice supports patients and their families, teaching each one about what to expect throughout the course of the illness. As a faith-based nonprofit, we embrace our mission to offer dignity and comfort when end-of-life care is necessary.

The result is peace of mind.

For more information, please visit

WesleyLifeHospice.org

515-608-8940

