

# Windsor Heights Living

april 2013

5032

magazine

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The History of Windsor Heights

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## What's in a name?

THE STORIES OF THE PEOPLE WHOSE NAMES ADORN WINDSOR HEIGHTS STREETS, PARKS AND SCHOOLS



An early photo of the Colby family. Photo courtesy Ruth Colby

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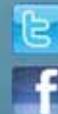
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welcome

By Shane Goodman, publisher

# The stories behind the names

From the moment when parents first place their eyes on their children, those infants instantly become associated with a specific name. Babies clearly do not have choices in their names, yet, in most cases, they stick with them for their entire lives — and beyond.



My mother was born with the name Tressa Lavon Lane, yet she used her middle name of Lavon her entire life. Her siblings also went by their middle names, and none of them can explain why. Mom told me that if I had been born a girl, she would have named me Devonna. Let's just say that I am glad I was born a boy, or I might have been going by a middle name, too. Yes, names are important.

Whether it's in the newspaper archives, hospital records, police reports or tombstones, our names are etched into history. Those who have made noticeable contributions have their names associated with streets, parks and monuments, while others

who offered even more have cities, counties and even states named after them. We see many of those names day in and day out, we give directions using them and we even correct others who may mispronounce them, but we often don't know the history behind the names.

We dedicate our cover story this month to some of those names and provide the stories behind them, providing you with a bit of trivia to impress your friends and some facts to help you further appreciate the many people who have created such a rich history in Clive.

And as far as I can tell, none of them was named Devonna.

Thanks for reading.

Shane Goodman  
Publisher



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

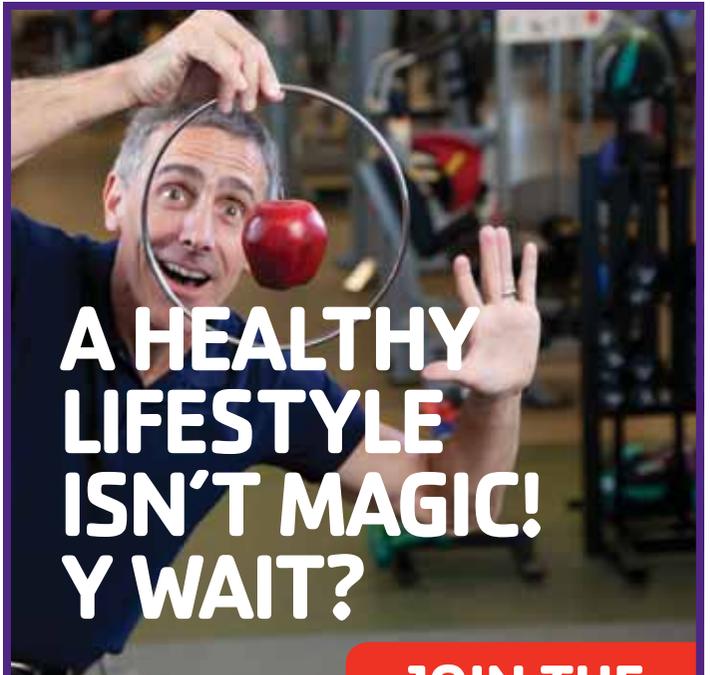


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# What's in a name?

## A LOOK AT THE SOME OF THE STORIES BEHIND THE NAMES IN WINDSOR HEIGHTS

By Michael Swanger

If you have ever driven down Reite or Mott avenues, or enrolled your child at Windsor Elementary School, or spent time at Colby Park to enjoy a concert or a movie and wondered how they got their names, then keep reading.

The assignment to report on the meaning behind the names of such entities, as well as others, proved to be a much more difficult task than we anticipated. Windsor Heights does not have

for such information are scarce, to say the least. Calls made to residents and businesses that were thought to have the information that we were looking for came up empty or went unreturned. In short, we wondered if anyone was going to be able to provide us the information that we were seeking.

Enter George Hanusa, a longtime resident with a passion for history and president of the Windsor Heights Foundation who also serves as the town's unofficial historian extraordinaire.

Hanusa, 80, has been steadfast in his work over the years to gather historical information about Windsor Heights. He has been busy of late trying to update the town's history with the intent of one day publishing a book about it. The last time anything was published about the history of Windsor Heights that was barely big enough to sit on a bookshelf was in 1991 when a small booklet celebrating the town's 50th anniversary was printed in limited numbers entitled, "Windsor Heights: 50th Anniversary History."

"There is a lot of untold history in Windsor Heights. The trick is finding people who know something or finding old photographs," Hanusa says.

The biggest name in Windsor

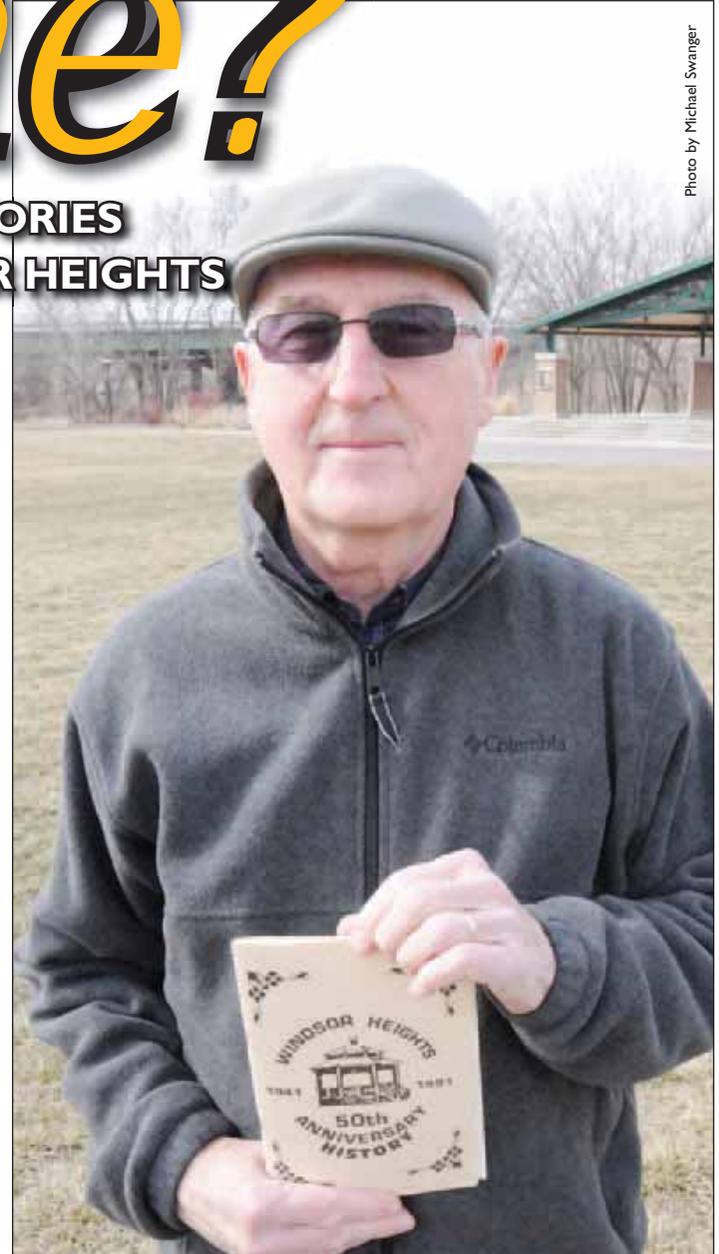


Photo by Michael Swanger

George Hanusa, Windsor Heights' unofficial historian, holds a copy of "Windsor Heights: 50th Anniversary History" which includes a photo of the Colby Family, for which a local street and park are named.

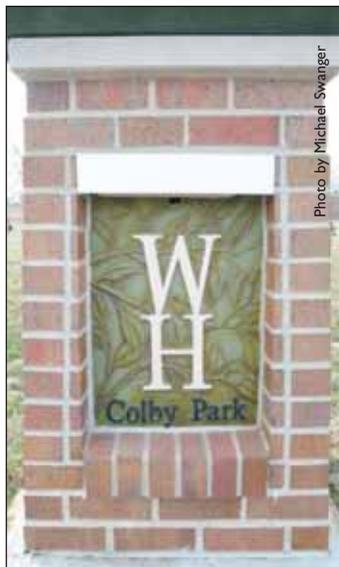


Photo by Michael Swanger

The town's newly renovated and popular park is named after the Colby Family.

a historical society like most of its neighboring communities do, and public and private resources

Heights' history, Hanusa says, is the Colby family. Streets and the town's popular park are named after its members.

Long before Windsor Heights became home to about

5,000 people and more than 150 businesses, it was an area known for its coal mines. The Urbandale Coal Company Mine, Gibson Coal Mining Company Mine No. 5, the Keystone Coal Company

Mine and Des Moines Ice and Fuel Company West Side Mine all operated in various stages from 1908 to 1942 in the area that is now known as Windsor Heights as coal miners and their families helped to settle the area.

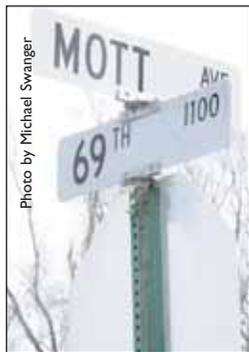
A slow transformation began in 1915 when Charles H. Colby and his son, Charles I. Colby (the “I” stood for “Iowa”) bought 160 acres (reportedly at \$300 per acre) that occupied two family farms in 1915. Two years later, they bought the West Side Coal Mine where the mouth of the mine’s shaft was located where Walmart and Sam’s Warehouse Club operate today.

“Papa got in the coal mining business in a rather strange way,” Charles I. Colby wrote for “Windsor Heights: 50th Anniversary History.” “A Des Moines real estate dealer named Harry Northrop for many years used to bring land deals to my father, and one spring day in 1914, I drove Papa and Mr. Northrop in our Allen automobile way out west on University Avenue, almost to Dallas County, to look at the Mott farm. As the paving stopped at 49th Street, we stopped there and put on the tire chains and plowed into the nearly impassable yellow clay mud road.”

The city’s founding family years later was instrumental for paving University Avenue, which Charles I. Colby described as having “very steep, high hills and deep valleys at the time.” They saw to it that the main gateway to the city was paved from 49th to 63rd streets, then to the West Side mine’s entrance near 70th Street and University Avenue.

“It used to be called Colby Acres when we started dividing up the farm and selling lots, and then we incorporated and called the town Windsor Heights,” Clark A. Colby, the son of Charles I. Colby, told *The Des Moines Register* in 1991.

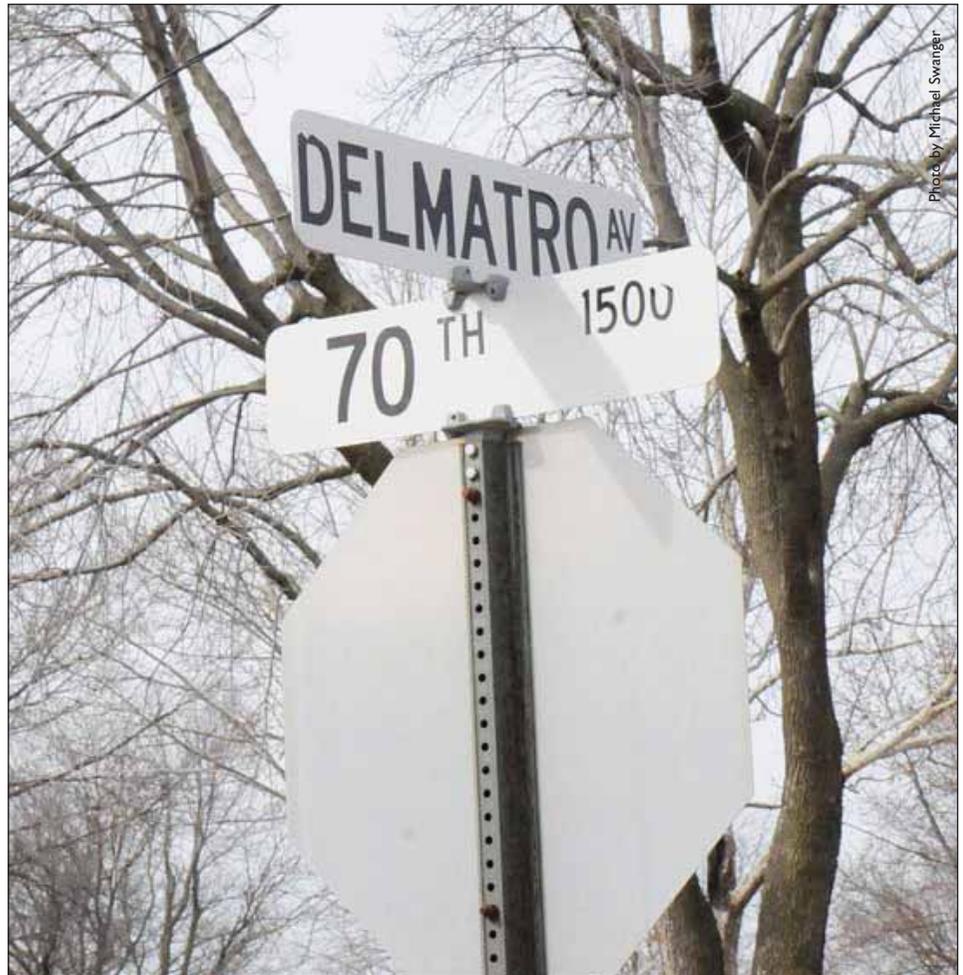
The Colby’s influence clearly can still be felt today. The family’s companies built



Mott Avenue is named after the Mott family.

several homes in the area, including many signature California-style ranch homes. Its name is also on commercial real estate projects like Sherwood Forest located on Hickman Road and the Apple Valley Shopping Center on University Avenue. The recently renovat-

ed Colby Park is home to the \$1.5 million Windsor Heights Community and Events Center that opened in 2010, as well as a new



Del Matro Avenue is named after former contractor Les Troutman’s mother, Della May Troutman.

baseball field, playground and pavilion where concerts and movies play during the summer months.

Colby and Reite avenues also are linked to the Colby family. Reite was the maiden Norwegian name of Charles I. Colby’s wife. The couple met when Charles was superintendent of schools in Portal, N.D., near the Canadian border.

Mott Avenue is named for the Mott family, either David or Carl Mott, says Hanusa. The family owned a farm in the area that Charles H. Colby purchased decades ago.

Del Matro Avenue, in case you were wondering, is named after a contractor’s mother.

“Les Troutman did a lot of building here, and his mother was Della May Troutman. The street is a combination of her names,” Hanusa says.

Other east- and west-bound streets in town were named for presidents Abraham Lincoln, Thomas Jefferson and George Washington, as well as one of the country’s

founding fathers, Ben Franklin.

However, it is the Colby family that has left an indelible mark on Windsor Heights, says the town’s unofficial historian.

“Sherwood Forest and Apple Valley are two good examples of the Colby family’s influence,” Hanusa says. “In the early part of the 20th century, the Colby family owned land both north and south of University Avenue. Colby Interests, the family business, is now in at least its fourth generation.”

In 1991, Charles I. Colby wrote, “It’s a good little town that’s been good to us.”

The town itself took its name after it was incorporated in 1941 from the nearby Windsor Elementary School, which was named for early settler Henry Clay Windsor, whose family donated the land for the school years after settling near the school’s site in 1840. Henry and his wife, Sarah, donated the land in memory of their late son. Windsor Elementary School, 5912 University Ave., opened in 1918 as a two-room brick building serving 22 students.

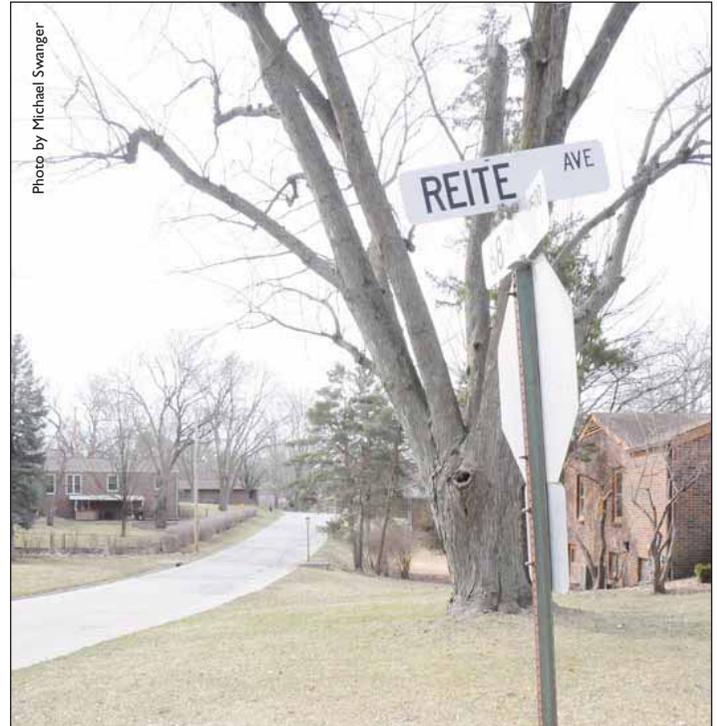
“It would be hard to say at this point who first breathed the words ‘Windsor Heights,’ but I think it simply evolved out of our family discussion of the obvious facts,” wrote Ruth Plymat, who moved to the area in 1938, for “Windsor Heights: 50th Anniversary History.” “Mr. Plymat’s house was on Lot 15 in a plat called Webster Heights. We did not know the history of the Windsor Family, but that is, of course, the way places often get their names.

“At that time, a Des Moines ‘curb liner’ bus ran out University Avenue, past the Windsor School to the city limits. It stopped on the northwest corner of 63rd Street and University Avenue in front of the ‘Windsor Church.’ It stood for a while, then turned around and headed back downtown. From where the bus stopped, University Avenue sloped up and down over the hill. I remember saying that on the front of the bus it

said, ‘Windsor,’ so this must be the name of the place. But just ‘Windsor’ didn’t seem sufficient. And names like ‘Windsorville,’ ‘WindsorGrove’ or ‘Windsor Terrace’ did not describe or sound classy enough! ‘Windsor Heights’ brought it all together! It came ‘out of the blue,’ so to speak. No one opposed it or offered a better suggestion, so Windsor Heights it was.”

Windsor Elementary School is not the only one linked to a local family. Cowles Elementary, which opened in 1958 and remains at 6401 College Ave., was named after Florence Call Cowles, wife of Gardner Cowles Sr. and mother of Gardner Cowles Jr., former owner of *The Des Moines Register*, *Look* magazine and KRNT radio and television stations.

This “good little town” has grown from a coal mining center to a town in its own right with its own ZIP code. Not bad for less than 100 years. ■



Reite Avenue is named in honor of Charles I. Colby’s wife. Reite was her maiden name.



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Bob, Cary and Chris Peterson with their first "Peterson Painting" sign.

# Colorful past

Chris Peterson keeps painting in the family

By Rebecca Bowen

Just as Chris Peterson's paint cans are spilling over onto the walls of the homes he renews, his garage is overflowing with supplies to help him get the job done by way of the family business his father started more than 47 years ago.

Bob Peterson Painting has been in the family every since Chris Peterson, Bob's son, can remember.

"The first memory that I have of the business was a paint can falling on my foot around the age of 3," Peterson reminisces. "By the way that my parents tell it to me, it included a black and blue toenail that eventually went missing, which was quite traumatizing to me as a young boy. Kind of an ironic incident, I would say."

In a family of three boys, it was pretty good odds that a couple of them would have the "painting" gene embedded within them.

"There's three of us boys," explains Peterson. "We all got involved in the family business during college, and after my dad passed away three years ago, my twin brother, Cary, and I have been running it out of my garage since."

If you can imagine working on more than 80 homes per year, you can get some idea of the

mass amounts of cans, colors and supplies taking over Peterson's garage.

"I have everything you would probably ever need to paint a house, plus more," Peterson laughs. "I have multiple ladders, water blasters, tons and tons of paint cans and a lot of extra equipment. My garage serves as kind of the transition area between the paint store and my house, and then my house and the job."

The jobs that Peterson most covets are those that allow him to revisit part of his past, while also working on vintage homes.

"One of my favorite projects is working on Victorian-style homes," remarks Peterson. "I studied history and humanities throughout college and have a background in historical study, so these have always been so interesting to me. I use what I've learned as a springboard to doing these older-style homes, which have such ornate detail on them."

With five to seven colors used on each of these Victorian-style homes, those projects are much of the reason Peterson has so much paint spilling from his garage, with just barely enough room to contain it. ■

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



Dora Ward has gathered many pleasant memories in her home on Del Matro Ave.

# Pleasant living

Dora Ward's home is filled with memories

By Rainey Cook

Windsor Heights' Del Matro Avenue is full of characteristic homes, and Dora Ward has lived in one of them since 1959.

It's very charming as you walk in. The kitchen is straight ahead. Painted a sage green color, it sparkles with a clean look and feel. The front living room is to the left. It's well decorated, organized and inviting.

The kitchen and living room are marvelous, but not as much as the sparkle of Ward's eye when it comes to her favorite spot in the 1952 home. She recently added a 20x40-foot family room in the back of the house.

"This is so nice," she smiles. Its windows are large and look to the backyard. The patio doors allow even more light into the room painted a soft yellow. Her piano sits along one full wall. She loves to play for fun and enjoys classical, popular 1940s music and anything upbeat when her grandchildren visit.

Her desk and computer take up another full wall. There are new executive-looking hanging cupboards.

A lone framed picture hangs on the back wall. Ward explains that the contractor who redid her

breezeway found this tile picture in the floor during demolition. An antique junkie, he tore it out piece by piece and glued it back together. Now, good as new, this tile picture of a southwestern rancher sitting by his wheelbarrow and cactus is nicely framed with old boards he found in Ward's basement. The glass is a window from her kitchen.

On the outside, Ward is attempting the maintenance-free lifestyle. She has recently resided the entire house and added all new windows.

Not a huge entertainer throughout the year, Ward did host a few parties to show off the new parts of her home. And rightly so. It's fresh, spotless and spacious.

As Ward speaks of the history of her home and all that has changed, she recalls its builders. The Troutman brothers built several homes at the same time many of the Colby bricks were going up.

"They named this entire street Del Matro, after their mother, Della Mae Troutman," she says.

Ward has fond memories of this home and her three boys who all attended Cowles Elementary. She now lists her neighbors and the safety of the area as things that contribute to her pleasant living. ■

## Friday, April 19

- No School - WDMPS
- Iowa Cubs game vs. Nashville at home, fireworks, 7 p.m.
- RHS V Boys Soccer at Sioux City North, TBD
- RHS V Girls Tennis vs. Ankeny, 4 p.m.
- Annual Spring Rummage, Luncheon & Bake Sale, 9 a.m. - 3 p.m., Windsor United Methodist Church, 6222 University.

## Saturday, April 20

- VHS V Boys Tennis at Ankeny, 9 a.m.
- VHS Prom, 8 p.m.
- RHS V Boys Soccer at Sioux City North, TBD
- RHS V Girls Soccer at Nevada, 9 a.m.
- KWHB Annual Spring Clean-up, 8:30 - 10:30 a.m., meet at Burger King on 73rd St.

## Monday, April 22

- Earth Day
- RHS V Girls Golf at Ames, 1 p.m.
- RHS JV/V Girls Tennis vs. Ankeny, 4 p.m.
- RHS V Girls Track at Dowling, 4 p.m.
- RHS 9/JV Boys Soccer vs. Ankeny Centennial, 4:45/6 p.m.
- RHS JV/V Girls Soccer at DM Hoover, 6/7:30 p.m.
- VHS JV Girls Golf at SEP, 3:30 p.m.
- VHS JV Boys Track Invitational, 4 p.m.
- VHS 8 Girls Track at Johnston, 4:30 p.m.
- VHS 9 Boys Soccer at Waukee, 4:45 p.m.
- VHS JV/V Girls Track at Marshalltown, 5 p.m.
- VHS 9/JV Girls Soccer at Ankeny

Centennial, 6/7:30 p.m.

## Tuesday, April 23

- No School - DMPS Grades 9/10/12, 11th grade students attend a.m. only for ACT test,
- RHS JV/V Girls Tennis at DM North, 4 p.m.
- RHS JV/V Boys Tennis vs. DM North, 4 p.m.
- RHS JV/V Boys Soccer vs. DM Hoover, 4:45/6:15 p.m.
- VHS JV/V Girls Golf vs. Dowling, 3:30 p.m.
- VHS JV/V Girls Tennis at Ankeny, 4 p.m.
- VHS JV/V Boys Tennis vs. Ankeny, 4 p.m.
- VHS 8 Boys Track at Newton, 4:30 p.m.
- VHS 9/JV/V Boys Soccer vs. SEP, 4:45/6/7:30 p.m.

## Wednesday, April 24

- No School - DMPS Grade 11, 9/10/12th grade students attend a.m. only.
- Planning & Zoning Meeting, 4:30 p.m., City Hall.
- VHS 9/JV Girls Golf vs. Ankeny, 3 p.m.

## Thursday, April 25

- Drake Relays at Drake Stadium
- Greater Des Moines Garden Club, past President's Luncheon, contact Marilyn 991-4791 for more info, 11:30 a.m., Hyperion Field Club.
- How to Feel Secure about End of Life Issues Seminar, \$3/person (\$5/couple), 7-8:15 p.m., call 255-6367 to register, Community and Events Center in Colby Park.
- RHS V Girls Golf at Ottumwa, 3:30 p.m.
- RHS 9/JV/V Girls Soccer vs.

Indianola, 4:45/6:15 p.m.

- RHS JV/V Boys Soccer at Indianola, 6/7:15 p.m.
- VHS JV/V Girls Tennis vs. Dowling, 4 p.m.
- VHS JV/V Boys Tennis at Dowling, 4 p.m.
- VHS 9/JV Girls Soccer at Johnston, 4:45/6 p.m.
- VHS 9/JV/V Boys Soccer vs. Dowling, 4:45/6/7:30 p.m.

## Friday, April 26

- Drake Relays at Drake Stadium
- RHS V Girls Soccer at ADM, TBD.
- RHS JV/V Girls Tennis at Urbandale, 4 p.m.
- RHS JV/V Boys Tennis vs. Urbandale, 4 p.m.
- VHS V Girls Soccer at Burlington, TBD.
- VHS 9/JV Boys Soccer vs. Johnston, 5:30/7 p.m.

## Saturday, April 27

- Drake Relays at Drake Stadium
- Community Coffee Club, 9 a.m., Grounds for Celebration.
- RHS V Girls Soccer at ADM, TBD
- VHS V Girls Soccer at Burlington, TBD.
- VHS 9/JV Boys Soccer Tournament, 8/11 a.m.
- VHS V Boys Soccer at University of Iowa, 9 a.m.
- VHS JV Boys Tennis at Johnston, 9 a.m.

## Monday, April 29

- Iowa Cubs game vs. Round Rock Express, Principal Park, 6:30 p.m.
- RHS V Girls Golf at Johnston, 12:30 p.m.
- RHS JV/V Girls Tennis at DM Lincoln, 4 p.m.
- RHS JV/V Boys Tennis vs. DM Lincoln, 4 p.m.
- RHS JV Boys Track at Ankeny, 4:30 p.m.
- RHS 9/JV/V Boys Soccer vs. DM East, 4:45/6:15 p.m.
- RHS JV/V Girls Soccer at DM East, 6/7:30 p.m.
- VHS V Girls Golf at Johnston, 12:30 p.m.
- VHS 9/JV Girls Golf Meet, 3 p.m.
- VHS 8 Boys Track at DCG, 4:30 p.m.
- VHS JV Boys Track at Ankeny, 4:30 p.m.
- VHS 9 Girls Soccer at Ankeny, 5:30 p.m.

## Tuesday, April 30

- Iowa Cubs game vs. Round Rock Express at home, noon.
- RHS JV/V Girls Golf, 3:30 p.m.
- VHS JV/V Boys Tennis vs. Johnston, 4 p.m.
- VHS JV/V Girls Tennis at Johnston, 4 p.m.
- VHS 8 Girls Track Invitational, 4 p.m.
- VHS JV Girls Track Invitational, 4 p.m.
- VHS 9/JV/V Boys Soccer vs. Ames, 4:45/6/7:30 p.m.

## Wednesday, May 1

- May Day
- Iowa Cubs game vs. Round Rock Express, Principal Park, 6:30 p.m.
- VHS JV/V Girls Golf at Urbandale, 2 p.m.

## Thursday, May 2

- Iowa Cubs game vs. Round Rock Express, Principal Park, noon.
- How to Feel Secure about End of Life Issues Seminar, \$3/person (\$5/couple), 7-8:15 p.m., call 255-6367 to register, Community and Events Center in Colby Park.
- RHS V Girls Golf at Ottumwa, noon.
- RHS JV/V Girls Tennis vs. Ottumwa, 4 p.m.
- RHS JV/V Boys Tennis at Ottumwa, 4 p.m.
- RHS V Girls/Boys Track at DM East, 4 p.m.
- RHS V Girls Soccer vs. DM North, 4:45 p.m.
- RHS JV/V Boys Soccer at DM North, 6/7:30 p.m.
- VHS V Girls Golf at Ottumwa, noon.
- VHS V Girls/Boys Track at Waukee, 3:30 p.m.
- VHS JV/V Boys Tennis vs. Urbandale, 4 p.m.
- VHS JV/V Girls Tennis at Urbandale, 4 p.m.
- VHS 9/JV/V Boys Tennis at Johnston, 4:45/6/7:30 p.m.
- VHS/VSW Orchestra Concert, 6:30 p.m., Valley High School.

## Friday, May 3

- Iowa Cubs game vs. Oklahoma City RedHawks, Principal Park, fireworks, 7 p.m.
- VHS 9/JV/V Girls Soccer vs. Johnston, 4:45/6/7:30 p.m.



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## Saturday, May 4

- Iowa Cubs game vs. Oklahoma City RedHawks at home, 7 p.m.
- Give it Away 5K - Lorrie Shetterly Memorial Event, 5K chip-timed race, one-mile honor walk, and a memorial balloon launch. See event website for more details, 9 - 11 a.m. Water Works Park, 2201 George Flagg Parkway, Des Moines.
- City Wide Garage Sale
- RHS Prom, 8-11 p.m., Scottish Rite Temple.
- VHS 9 Girls/Boys Soccer at Johnston, 9 a.m.
- VHS V Girls Tennis at DM Lincoln, 9 a.m.
- VHS JV Boys Tennis at Ankeny, 9 a.m.
- VHS V Boys Soccer at Sioux City, 12/3 p.m.

## Sunday, May 5

- Cinco de Mayo
- Iowa Cubs game vs. Oklahoma City RedHawks, Principal Park, 1 p.m.

## Monday, May 6

- Iowa Cubs game vs. Oklahoma City RedHawks, Principal Park, noon.
- Council Meeting, 6 p.m., City Hall.
- RHS 9/JV/V Boys Soccer at DM Lincoln, 4:45/6:15/7:30 p.m.
- RHS JV/V Girls Soccer vs. DM Lincoln, 5:30/7 p.m.
- VHS V Girls Golf at Waukee, 9 a.m.
- VHS 9 Girls Golf Invitational, 3 p.m.
- VHS 9/JV Girls/Boys Track at Urbandale, 4:30 p.m.
- VHS 9/JV Girls Soccer vs. SEP, 4:45/6 p.m.
- VHS 9 Boys Soccer vs. SEP, 7:15 p.m.

## Tuesday, May 7

- DMPS Board Meeting, 6 p.m.
- RHS Band Concert/Awards, 7 p.m., Auditorium.
- VHS JV/V Girls Golf vs. SEP, 3:30 p.m.
- VHS 8 Girls/Boys Track at Marshalltown, 4:15 p.m.
- VHS 9/JV/V Boys Soccer at Ankeny, 4:45/6/7:30 p.m.
- VHS 9/JV/V Girls Soccer vs. Ankeny, 4:45/6/7:30 p.m.

- VHS 6th Grade Honor Festival, 6 p.m., Valley Auditorium.

## Wednesday, May 8

- VHS 9 Girls Golf Meet, 3 p.m.

## Thursday, May 9

- How to Feel Secure about End of Life Issues Seminar, \$3/person (\$5/ couple), 7-8:15 p.m., call 255-6367 to register, Community and Events Center in Colby Park.
- V Boys Track Districts.
- V Girls Track Regionals.
- V Boys Tennis Districts.
- RHS 9/JV Girls Soccer at Ankeny Centennial, 6:15/7:45 p.m.
- VHS 9/JV Girls Soccer vs. Urbandale, 4:15/6:45 p.m.
- VHS 9/JV Boys Soccer vs. Urbandale, 5:30/8 p.m.

## Friday, May 10

- VHS V Girls/Boys Soccer at Urbandale, 5:30/7 p.m.

## Saturday, May 11

- V Girls Tennis Regionals
- V Boys Tennis Substate Tournament
- Spring Clean Up, put your items on curb for pick-up, visit [www.windsorheights.org](http://www.windsorheights.org) for guidelines.
- Plant Exchange - Keep WH Beautiful, 9 - 11 a.m., Lion's Park at City Hall.

## Sunday, May 12

- Mother's Day

## Monday, May 13

- RHS V Girls Tennis at Grinnell, 3 p.m.
- RHS JV/V Boys Soccer vs. Ottumwa, 5:30/7 p.m.
- RHS JV/V Girls Soccer at Ottumwa, 5:30/7 p.m.
- VHS JV/V Girls Golf at Johnston, 3 p.m.



Evelyn Gauthier, Sophie Gauthier, Madeline Hollander and Malcolm Hollander at the Windsor Heights Easter egg hunt on March 30.



Shessla Whitlow and Bryce Whitlow at the Windsor Heights Easter egg hunt on March 30.

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# Windsor Wave

Pass it on ~ "Wave" to a Friend

## 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 to 1 pm and 5:30 – 6:30 pm. The cost is \$110

This class is sequenced to build the core strength and coordination to facilitate 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 asana-s (postures). The only prerequisites are an open mind and the ability to breathe.

Teacher Carrie Ellen Giunta is a graduate of the American Viniyoga Institute in California. 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.

## FIREFIGHTER'S POPULAR PANCAKE DAY BACK, MAY 18

One of the most popular events in Windsor Heights is the annual "all you can eat" pancake breakfast. This year marks the 61st year that the Windsor Heights Firefighters Association have been cooking/serving a most delicious meal of pancakes, sausage, juice and coffee. All proceeds benefit the association and help to support the numerous services the firefighters provide to the community.

The event is set for Saturday, May 18, 8 am - 1 pm. Tickets are \$5 for an adult, \$12 for a family and may be purchased at City Hall beginning May 1st. Association members will also be going door-to-door selling tickets during the first week of May.

The Breakfast is open to all. Attendees may meet these courageous firefighters, see the fire engines, get a peek at the station, and make a difference in supporting the Windsor Heights fire team.

## READY, SET WHAMM WINDSOR HEIGHTS ANNUAL MINI MARATHON SET FOR MAY 18

On Saturday, May 18, runners and walkers of all ages are invited to participate in the 2013 Windsor Heights Annual Mini Marathon, better known as WHAMM and a perennial favorite in central Iowa. The 8 am walk/race benefits the individuals and families coping with muscular dystrophy and related progressive muscle diseases.

Registration takes place at [www.getmeregistered.com](http://www.getmeregistered.com). Both the 5K Run/Walk (single loop) and the 10K (double loop) start and end at 66th and University and travel through the beautiful neighborhoods of Windsor Heights. Runners receive a shirt, post race food, a ticket to the Pancake Breakfast and the top runners in the 5K and 10K receive medals.

Volunteers are needed along the course and to help with other fun responsibilities. Anyone interested may call Tracy at 645-6821 or e-mail at [tlevine@windsorheights.org](mailto:tlevine@windsorheights.org)

For more information on registering for WHAMM, visit [www.getmeregistered.com](http://www.getmeregistered.com) or contact Jacqueline Maher, [jmaher@mdausa.org](mailto:jmaher@mdausa.org).

## CITY CLEAN UP DAY RETURNS, MAY 10

The 2013 Spring Clean-Up will start on Friday, May 10. Your garbage and "solid waste" may be placed on the curb by 6 am that day. "Solid waste" means garbage, refuse, commercial, agricultural and domestic activities. It does not include yard waste, household hazardous waste and other similarly discarded solid or semisolid materials. For a complete list of items that are excluded from the pickup, please consult [Mwatoday.com](http://Mwatoday.com)

## CITYWIDE GARAGE SALE FOR SELLERS AND BUYERS, MAY 4

This year's annual Windsor Heights city wide garage sale will be held on Saturday, May 4th starting at 8:00 am. There is no charge to be listed on the map. To be included, please e-mail your name, address and phone number along with the items available for sale (if you want these to be included) to [sdanzer@windsorheights.org](mailto:sdanzer@windsorheights.org) or stop by City Hall with the information.

A map of sale locations and items will be posted on the City's website and available as a handout at City Hall for potential customers.

## SUSTAINABLE LIVING SPRING EDUCATIONAL SERIES CONTINUES THROUGH JUNE

Don't miss this excellent opportunity to learn more about making informed choices for a greener home and community. The success of last year's program clearly set the 2013 themes. These educational sessions are free of charge and run for three more months on the third Thursday, 5:30 – 7 pm. Reservations are not required.

Thursday, April 18th – *Darren Fife*, a resident of Windsor Heights and member of the Walnut Creek Watershed Coalition will show how simple it can be to create your own rain barrel. A rain barrel program will be discussed for Windsor Heights' residents.

Thursday, May 16th – *Metro Waste Authority* will educate residents on disposal of yard waste, recyclables and hazardous waste. Metro Waste Authority partners with the City of Windsor Heights to provide safe, smart disposal options for residents. A fun, interactive game will be used during the presentation.

Thursday, June 20th – *MidAmerican Energy* presents a conservation class educating citizens on incentives and rebates available through MidAmerican Energy for increasing the energy efficiency of a person's home. MidAmerican Energy offers free energy audits to residents with up to 12 CFL light bulb replacements. Residents can sign up for an energy audit at the time of the event. MidAmerican to provide free giveaways.

## KEEP WINDSOR HEIGHTS BEAUTIFUL ANNOUNCES PLANT EXCHANGE, MAY 11, LIONS PARK

As the view from your window changes from snow to the first signs of spring, you are probably looking forward to going outdoors to the task of planting. If your current plans involve the same old flowers and

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

# Do Business in Windsor Heights

**Brainstorm with other business professionals about what you need to do more business, and how to use your resources from the Chamber and others to find solutions. Tuesday, April 30, 5:45 to 6:30 p.m. at Grounds for Celebration**

plants or some parts of your garden need thinning out, Keep Windsor Heights Beautiful has a great solution. Diversify your plant varieties and share your favorites during the third annual Windsor Heights Plant Exchange on Saturday, May 11, 9–11 am at Lions Park (behind City Hall)

This free event gives you the opportunity to brighten up your garden, flower beds, or flower pots in exchange for items you bring to share. Besides plants, you're also invited to bring gently used garden accessories and art to trade for something new (to you.). Whether planting an elaborate garden or simply looking to spruce up front porch planters, neighbors will be able to get new varieties just for sharing their own.

Facing a vexing gardening challenge? Have questions about what to plant in that shady corner? Polk County Master Gardeners will be on hand to share advice and answer your questions. And be sure to visit the local arts vendors while you're there.

The success of this event depends on you. The more people who attend, the more there will be to share.

Pre-registration is not required. Simply fill out the plant information forms ahead of time to make the exchange go smoothly. Forms are available at <http://www.windsorheights.org/> or will be available on site at Lions Park. So, start planning what plants you will bring (you can always stop by a garden center and bring new things to share too) -- and bring a friend. For questions, please call 515/276-1497

The Plant Exchange is sponsored Keep Windsor Heights Beautiful, a local non-profit partner of Keep Iowa Beautiful. The mission of Keep Windsor Heights Beautiful is to engage the citizens, businesses and government of Windsor Heights to take greater responsibility for beautifying and improving our community.

## **INNOVATIVE NEW PROGRAM: RAIN BARRELS AVAILABLE TO RESIDENTS**

Rainwater is often treated like wastewater in our communities. Our rooftops and yards are designed to shed rainwater runoff to the street, down the storm drain, and into receiving streams, rather than absorbing and infiltrating it. Then, we use drinking water to water our lawns and gardens. Rainwater harvesting is a way to capture rainwater for such uses and conserve treated drinking water. The simple way to start harvesting rainwater is to install a rain barrel. Rain barrels collect and store rainwater from rooftops for watering lawns and gardens.

The City of Windsor Heights, together with the Walnut Creek Watershed Coalition, will be piloting a rain barrel program to provide rain barrels to Windsor Heights' residents at a discounted price of \$50 each. This program is made possible with the help from a Metro Waste Authority grant. Thanks are also extended to Windsor Heights' own resident, Darren Fife for his time and effort in constructing the barrels and getting this program up and going. There are approximately 37 rain barrels at this time so the barrels will be sold on a first come, first serve basis until more are made available. Residents may be put on a waiting list. Residents are limited to 1 per household at this time and they will be delivered by City volunteers.

Sheena Danzer, City Inspector, 515-645-6826, may be contacted about purchasing a rain barrel or answering questions. The City of Windsor Heights is very excited to be offering this program to its residents in hopes of creating a greater awareness of water conservation.

## **Q/A ON STORM WATER BASICS**

### **How is Storm Water Managed?**

Storm water can pose a risk to our water resources. Pollutants in storm water can impact lakes, streams, and rivers.

### **What is Storm Water Runoff?**

Storm water runoff is rainfall or snowmelt that runs off impervious surfaces like roads, buildings, and compacted soils. Storm water runoff is collected and conveyed through storm sewers directly into streams, rivers and lakes without being treated.

### **What is the Problem?**

Pollutants accumulate on impervious surfaces between rainfall events. Frequent, small rains wash pollutants into streams, rivers, and lakes. These pollutants negatively impact water quality.

### **What is Storm Water Management?**

The traditional approach to storm water management focuses primarily on flood control. Today, our city is required to manage for both water quality and quantity by using practices that infiltrate more rainfall and reduce the volume of storm water runoff.

### **What are Storm Water Regulations?**

To comply with new federal regulations, our city is required to implement a new storm water management program. Some requirements include:

1. Managing storm water runoff for water quality protection,
2. Reducing sediment loss from construction sites,
3. Developing ordinances to meet program goals,
4. Inspecting storm drain outlets for unwanted discharges, and
5. Providing public education and involvement.

### **How is Awareness and Responsibility Built?**

Daily activities can impact water quality. Most rainfall drains untreated to streams and lakes through storm drains in neighborhoods. There are many ways you can prevent storm water pollution:

1. Wash your car at a carwash or on the lawn, not the driveway,
2. Re-direct roof drains to gardens or other vegetated areas,
3. Properly dispose of all hazardous household waste
4. Minimize use of fertilizers, and
5. Clean up after your pets.

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## Meet Nan Kloberdanz

Teacher practices peaceful leading

By Rainey Cook

It's a place where students respect each other and their classrooms. They expect to do the best. The hallways are easy-going and lunch lines are active and not perfect. There is a giant world map hanging in the hallway. Poster-size photographs of students show them working in the garden they planted themselves.

Proud to be part of this daily vibe is Cowles preschool and kindergarten teacher Nan Kloberdanz. She's been teaching here for 14 years.

"I am just so lucky," Kloberdanz says.

She speaks easily of how her 3- to 6-year-olds have enthusiasm to learn with a loving manner. She loves that they still give hugs.

"It's a delightful age," she says. She says she spends her days teaching students in this multi-age classroom respect for each other and respect for their classroom as well as grace and courtesy. Independence is also very important for this age. To teach concentration she provides work that must call the child.

There are many things that Kloberdanz likes about teaching at Cowles Elementary, Des Moines' only public Montessori school. At the top of her list is her team of teachers she works with daily.

"We know how children learn," she says. "It parallels life."

The Montessori philosophy follows the lead of the child.

"We are not made to sit still,"



Photos by Rainey Cook

Nan Kloberdanz teaches preschool and kindergarten at Cowles Elementary.

Kloberdanz says. "It's the movement they are allowed to do that counts."

There are a plethora of learning stations and tables in her classroom. Many hands-on toys, maps and examples of table settings sit out. The classroom is brightly decorated with the kids' photos and names. One entire side of the classroom is windows looking out into nature and the vast playground.

Another favorite part of this learning style is the peace table they have. This table, equipped with a peace rose, is for the students to solve their problems through communication.

"We help them come to a positive solution only if they need us," Kloberdanz says. "Otherwise, we encourage our students to work out their differences on their own."

Kloberdanz has a bachelor's degree in early childhood education, approval in reading, Montessori certification, endorsement in elementary education and master's in physical education. ■

### What do you like best about your teacher?



Sailor Schervish:  
"She is nice, and she helps us."



Sidney Shide:  
"That she lets me stay inside to help her clean."



Jonas Botten-Field-Biehn:  
"That she likes me, and I am in her class."



Lana Angier:  
"She helps me through my problems."

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## North

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## Q&A: EAR INFECTIONS

### Q. What are the common signs and symptoms of an ear infection?

**A.** A young child may hold, tug at or rub the affected ear. An older child may complain of pain or that their hearing seems diminished. A child of any age may also have a fever that accompanies an ear infection. If the ear drum has ruptured parents may also notice drainage from their child's ear.

### Q. What should parents do if they suspect their child has an ear infection?

**A.** Visiting the child's doctor is the best thing to do when any signs of an ear infection are present. The doctor can look directly at the child's ear drum to determine if there is an infection.

### Q. What treatment options are available?

**A.** Many ear infections are viral and do not require an antibiotic. The age of the child and the severity of the infection are factors in determining whether antibiotic or time and pain control are the appropriate treatment options. In some cases, when a child has multiple ear infections in a short period of time, the placement of ear tubes may be recommended to help decrease further infections.

### Q. How can parents reduce the risk of ear infection?

**A.** Breast feeding and routine vaccinations, including the pneumococcal and influenza vaccines, may help decrease the risk of ear infection in children. The risk for ear infection increases with exposure to tobacco smoke, pacifier use and lying down flat to drink a bottle.

*— Content provided by:  
Sarah Cooper, M.D.*



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3. Tax-advantaged college savings accounts. Contribute or gift to a college savings plan for your children or grandchildren.

\*May be subject to state and local taxes and the alternative minimum tax (AMT).

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult with a qualified tax specialist or legal advisor for professional advice on your situation.



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By Matt Cale

# Tornado safety tips

Know the warning signs and how to prepare

By Matt Cale, State Farm agent

Tornadoes occur most often in the central United States, but touchdowns are possible almost anywhere in North America, including large cities. When a tornado does occur, it can strike with little warning, so prepare your family to take cover before severe weather moves into your area.

### Plan ahead

Learn the tornado warning signals used in your community. The most common warning is a siren, which means you should stay inside and take cover immediately. If warning signals are not available, look for these signs of danger: dark, greenish skies, large hail, a dark, rotating, low-altitude cloud and a loud roar, like a train.

To prepare your family for a tornado, put together a disaster emergency kit <<http://learning-center.statefarm.com/insurance/severe-weather/disaster-preparedness/>> and conduct family tornado drills in your home. Make sure each family member knows the tornado safety procedures for their workplace or school.

### What is a tornado watch?

A tornado watch means that conditions are favorable for tornadoes to develop. In this case, be alert to changes in the weather. Account for all family members, have your emergency kit ready, and keep a battery-powered radio tuned to weather reports. Move cars inside, keeping car and house keys with you. If time permits, move lawn furniture and equipment inside to minimize flying debris.

### What is a tornado warning?

A tornado warning means that a tornado has actually been sighted. If a tornado warning is issued for

your area, seek shelter immediately:

• **Home:** The safest place to be during a tornado is underground, preferably under something sturdy like a workbench. If there is no basement or cellar in your home, go to a small interior room on the lowest level, such as a bathroom, closet, or hallway; the more walls between you and the outside, the better. Keep all windows shut.

• **Mobile home:** Manufactured homes are not built to weather tornadoes, so seek shelter elsewhere at the first sign of severe weather. For example, go to a prearranged community shelter or make plans to stay with a friend or relative. As a last resort, go outside and lie flat on the ground with your hands over your head and neck; be alert for flash floods, which often accompany severe storms.

• **Vehicles:** Do not try to outrun a tornado; tornadoes can toss cars and large trucks around like toys. If you see a funnel cloud or hear a tornado warning, get out of your vehicle and seek shelter in the nearest sturdy, enclosed building. If such a shelter is not available, lie down in a low area with your hands covering your head and neck; be alert for flash floods.

• **Office buildings and schools:** Learn the emergency plans for buildings you and your family frequent. If a specific shelter area does not exist, move into interior hallways or small rooms on the building's lowest level. Avoid areas with glass windows and doors, as well as wide-span roofs.

• **Store or shopping mall:** Go to a designated shelter area or to the center of the building on a low level. Stay away from large, open rooms and windows. Do not seek shelter in parked cars. ■

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

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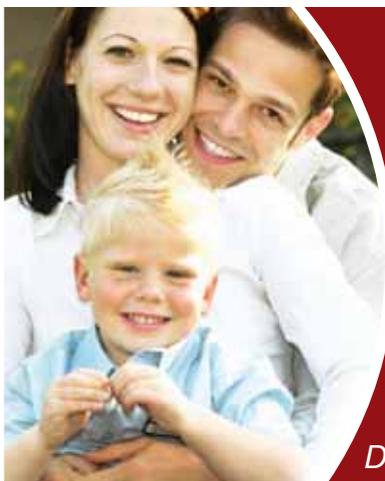
## Q: What options do I have for replacing missing teeth?

**A:** There is nothing more devastating to a smile than lost or missing teeth. There are multiple ways today to replace missing teeth both functionally (biting, chewing, speaking and laughing) as well as cosmetically.

Dental implants are perhaps today's ultimate tooth replacement systems providing "stand alone" teeth, unconnected to other teeth. While a dental implant replaces the root of a tooth, the crown atop the implant (the tooth you see in your mouth) is an exact replica of a natural tooth. Therefore implants provide for cosmetic tooth replacements, emerging through the gum tissues just like natural teeth, and can be made to match the neighboring teeth exactly. You'd never know they're not your own, then again — they are.

We are always a bit perplexed when we see the dowdy "before" pictures right next to the great "after" ones. You know, the ones with the new hairdo, the cleanly-shaven guy and the girl with the fresh lipstick smile, but let's face it — they do make a difference. These changes truly are cosmetic, and as we have illustrated, dentistry can do its part. But the biggest part is not just how your smile looks, it's how you feel when you show it. Even if you smile when you're on the telephone, you will touch the person on the other end of the line. ■

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



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## Living faithfully

Show care and concern for those around you

By Rebecca Bown

With the beginning of the new year, Lent and Easter in our review mirrors, Windsor Presbyterian would like to take a moment to slow down and remember what it means to be "living faithfully" so far in 2013, and remain conscious about the concept in the coming months throughout the rest of the year.

According to a study published in the Pew Forum, close to one in five people younger than 30 do not consider themselves religiously affiliated. It also adds that this percentage is growing quickly, and almost 90 percent of adults do not see the need to join any religious organization.

### Spread the Word

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

Windsor Presbyterian believes this shows that many people are wondering about the importance of faith communities, which led members of the church to coin to the concept of "living faithfully." Windsor defines this by living a life of care and concern for others. It will mean seeking community, sharing grace with others, finding ways to forgive and showing love for God by caring for others in need.

"At their best, this is what worshipping communities do," comments Pastor Shamaine Chambers King. "They offer a source of inner meaning and purpose, an empathetic community and a means of caring for others."

King doesn't believe that organized religion is about rules or an



*Windsor Presbyterian urges its congregation to "live faithfully" by showing care and concern for others.*

arbitrary being who rules over us.

"Many generations before us, people would go to churches, synagogues and other civic organizations out of a sense of responsibility," King explains.

She now says that belonging to a faith community gives people an opportunity to build those types of relationships by caring for others. King emphasizes that coming together is a way to meet people who understand similar feelings, who have walked a similar path and can be with us without judgment.

She says it's about "imperfect humans muddling through life together."

Windsor Presbyterian invites you and your loved ones to continue to "live faithfully" throughout the rest of the year and take the opportunity each day to grow closer in faith to people throughout the community of Windsor Heights.

For more information about other events and happenings at Windsor Presbyterian, visit the church's website at [www.windsorpc.org](http://www.windsorpc.org), or stop by and visit at 6301 University Ave. ■

# Applying for Medicaid

Getting help for a spouse can be daunting

By Ross Barnett, attorney, Abendroth and Russell Law Firm

aying for long-term care for a loved one can be exceptionally expensive. A short stay in a rehabilitative center or a more permanent transition to a nursing facility can rapidly exhaust a family's assets. When private insurance is no longer available, the federal government provides a safety net through the Medicaid program.

Medicaid is a health program for individuals with low income and few resources. Medicaid was created under Title XIX of the Social Security Act of 1965 and so is often called "Title XIX." Medicaid eligibility has two major components:

- The applicant must have less than \$2,000 in countable resources.
- The applicant must have a monthly income of no more \$2,130 from all sources.

A spouse's income is not considered available to the spouse who applies for Title XIX. The spouse who does not need care (called the "community spouse") can keep part of the applicant's income if the community spouse's income is less than a certain dollar amount that is determined each year. This "minimum monthly maintenance needs allowance" is \$2,898 per month in 2013.

When the couple applies for Medicaid, an assessment of their resources is made. The couple's resources, regardless of ownership, are combined. The assets are then divided evenly between the spouses and adjusted so that the community spouse has a minimum amount of assets. The community spouse is attributed assets called the "Spousal Share," up to a maximum of \$115,920 in 2013. Once



resource eligibility is determined, any resources belonging to the community spouse are no longer considered available to the spouse in the medical facility.

In order to become Medicaid-eligible, an applicant must have less than \$2,000 in countable resources. The recipient is allowed to retain one vehicle, miscellaneous personal property and his or her homestead. Medicaid applicants often need to "spend down" their available resources following the attribution of resources.

The state employs a five-year look-back period when determining Medicaid eligibility. If the applicant transferred assets for less than fair market value at any time within 60 months of application, the value of the transferred asset will be imputed to the applicant. This means, for example, that an applicant cannot give away or re-title assets and then immediately apply for Title XIX benefits.

Applying for Medicaid for a spouse can be a daunting task, and it is vital to get experienced help if you need it. ■

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

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# DO BUSINESS WINDSOR HEIGHTS

Brainstorm and network with local business professionals about how you can use the Chamber and other resources to  
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# WH Chamber is member focused

New ideas help members do more business

By **Betty Ridout, president, Windsor Heights Chamber**

**B**usiness is not something done in isolation. As an organization of business professionals, the Windsor Heights Chamber of Commerce (WHCC) exists for the betterment of business, and in so doing we recognize that often we need to renew our focus so we can answer the question “Why should I join the Chamber?” In 2013, we’ve developed new ideas to more aggressively help our members do more in business and increase their professional footprint.

We’re directing resources and attention to our volunteer members to enable them to cultivate their strengths through personal development, contacts with other community leaders and recognition. We know that both our board and business volunteers are vital to the process and are committed to helping facilitate success in Windsor Heights. We welcome new ideas and encourage leaders to utilize the clout of the WHCC and the Greater Des Moines Partnership to help them reach their goals. We’re broadening our board membership and reaching out to a wider variety of businesses in our area, too. Look for the development of a Young Professionals Group to launch this year.

The WHCC has long supported social activities that are directed toward engaging with our community. With limited resources we know we must promote more targeted events to drive attention to who we are as an organization, so as part of our membership focus we’re offering business brainstorming groups, supportive marketing with a PR package / consultation and our big new event, the Shop Where You



Roost Expo, which is a highly publicized buy local event to be held in November.

Windsor Heights has the unique role of a town encircled by cities and suburbs, but in fact we’re excited that our possibilities as a Chamber and a community know no borders. Our ongoing mission is to build our business community. We know at the heart of this mission our determination and resources will show our members the value of WHCC membership activity for themselves, their business and their community.

### Upcoming events

- Do Business Windsor Heights. We’re launching a business brainstorm meet-up group that will have its first meeting Tuesday April 30, from 5:45 - 6:30 p.m. at Grounds for Celebration.

- Windsor Heights Young Professionals: We’ve launched a new Young Professionals Group called WHYPro. The next meeting is May 7 at 9 a.m. at Hy-Vee dining area.

- Windsor Heights Chamber Lunch. Our next luncheon is Monday, May 20 at Jimmy’s Big 10 from noon to 1 p.m. Quester will present information about its business. ■

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