

# Windsor Heights Living

october 2013

50324

## Still going **STRONG**

**WINDSOR HEIGHTS CENTENARIAN  
SHARES HER STORIES**

**HUNGER HIKE**

**FAITH**

**THE WORK BENCH**

**GARAGE**

**MEET STEPHANIE FARMER**

**EDUCATION**

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# With age comes wisdom

I'll admit it; I'm not very patient. I seem to be in a hurry a lot, and it's not one's fault but my own. This becomes most apparent when I am driving. Instead of leaving for my destination a few minutes early, I



tend to wait to the last minute and then rush things along. Inevitably, I end up behind someone driving 20 mph in a 40 mph zone. And, inevitably, that driver tends to be someone older, who is not in a hurry, who planned enough time for his or her trip and who is understandably equally annoyed by me. Once I notice this, I tend to slow down and smile, a bit jealous of the pace this person has, and I remind myself how much more enjoyable life can be when not hurried. Yes, with age comes wisdom, and that becomes quite apparent when spending time with those possessing many decades of experience.

When I read this month's cover story about Mildred Harmon, a local centenarian, I couldn't help but appreciate all that she has experienced. I suspect that in her younger years, she may have, like me, been in a hurry much of the time. But looking back, she now realizes how precious every minute of every day is, how quickly those times become memories and how what can seemingly be so insignificant at the time can impact generations to come in big ways.

So I encourage you to step aside from your busy lifestyles, recline in your easy chair and read about this wonderful woman and her 100-plus years of experiences. Her advice on living a long and healthy life is worth the read alone. And when you see me tailgating you on University Avenue, please tell me to slow down and plan ahead more. I could use the gentle reminders.

Thanks for reading. ■

Shane Goodman  
Publisher



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# TONY TIMM

*for Windsor Heights  
City Council*



My family and I enjoy living in Windsor Heights because of the strong sense of community that exists here. We enjoy attending events at Colby Park and seeing the many families out in the neighborhood. We need to increase our efforts to attract people to move here as housing inventory becomes available.

I've spent the last 5 years leading the efforts of Central Iowa Shelter & Services to build a new facility to better serve those in need in our community. By building partnerships, recruiting volunteers, and with collaborative efforts of many local, county, and state elected officials, I was able to successfully complete the \$15 million dollar capital campaign.

I want to bring my experience and connections to help Windsor Heights work more closely with our neighboring communities to see where there may be opportunities to reduce City expenses. I know that the Council has started on some of these such as the salt storage facility and our solid waste removal. I believe there are other opportunities for us to better maximize our efforts in providing basic services and be cost conscious with our spending.

Having limited resources available for development, we need to be very thoughtful and creative on how we can create areas that best capitalize on adding to the quality of life here.

This may include updating existing structures to encourage businesses to expand or creating new opportunities to support locally owned businesses.

I would appreciate to hear from you if you have questions or thoughts on items the City Council should be addressing. Please go to [www.TonyTimm.com](http://www.TonyTimm.com) to contact me.

I would like to ask for your vote on November 5th, to help make sure that we can work on these issues together. Thanks in advance for your support.



**TONY TIMM NOV. 5TH**  
Paid for by Anthony Timm

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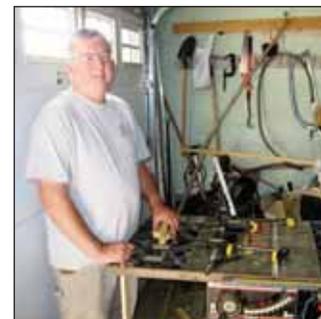
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**On the cover:** Mildred Harmon and Mary Johnson. Photo by Michael Swanger.

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Photo by Michael Swanger

Mildred Harmon (left) of Windsor Heights, shares a laugh with her daughter, Mary Johnson.

# Still going STRONG

## WINDSOR HEIGHTS CENTENARIAN SHARES HER STORIES

By Michael Swanger

In 1912, the Republic of China was proclaimed, New Mexico and Arizona became the 47th and 48th states of the United States, the Girl Scouts were founded, the Titanic sank, Fenway Park opened in Boston, Woodrow Wilson was elected president and Mildred Harmon of Windsor Heights was born on May 4 on her family's farm near St. Charles.

"I guess that makes me kind of old," says Harmon, 101, with a smile.

Harmon, the daughter of John and Dora Haynes, recalls life in the country, as well as

important names and dates with clarity. She also has developed a keen wit and sense of humor over the years, which she displayed when the timing was right during our conversation with her and daughter, Mary Johnson of Des Moines, in late September.

"I had an older sister, Leona, and we went to a country school," says Harmon. "We went to my dad's school, which was built during the 1800s, and he was born in 1878."

Johnson says her mother started school at age 4 so her older sister, who was 6 years old

at the time she enrolled, wouldn't have to walk to school alone.

"Mother would walk her older sister to school and spend the day at school, then walk back with her older sister. After a couple of weeks, my grandmother was to cease her school attendance to wait a couple of years to begin to school, but the teacher told my grandmother to leave her there, that she was doing just fine," Johnson says. "Mother reported to me that even if they told her she couldn't go to school that she was going, no matter what."

Harmon graduated from St. Charles High School in 1928 at age 16. A few years later, she enrolled in beauty school, where she graduated with top honors.

"It didn't do me a bit of good because I'm still ugly," says Harmon, with a laugh.

For the next four to five years, Harmon worked as a hairstylist in Knoxville and Des Moines. She married Paris Harmon on Dec. 20, 1936, during a civil service officiated by the justice of the peace.

"I still have the dress that I wore that day. It's not a wedding dress, it's the dress I got married in by the justice of the peace," Harmon says. "We went to the justice of the peace because it was a lot cheaper."

Five years later, Harmon and her husband started a family that would include three daughters: Vonis Anne Miller, Johnson and the late Susan J. Fox. (Today she has seven grandchildren and 10 great-grandchildren.) She stayed home while her husband worked,



Photo submitted

Mildred Harmon was a fifth-grader when this photo was taken. Harmon, now 101, says that one of the keys to a long, healthy life is maintaining a sense of humor.

and the couple settled into a home on 47th Street in Des Moines, south of Douglas Avenue, before

the start of World War II.

"I remember streetcars in Des Moines during that time. When

I got married, I got a car. I think it probably was a Ford," she says. "My parents had a Model T Ford. It was the first car that I remember as a child because it didn't have any springs, and when you were driving down a country road it rode like country wagon."

She says gas was less than 30 cents per gallon when she eventually got her own car. Like her parents, she usually drove used vehicles.

"I remember my parents buying a 1957 Buick, and I remember them having a car that had side curtains on it," she says.

Today, a 2001 Chevy Impala sits in her garage, though Harmon hasn't driven it the last six years.

"Dad always bought Chevys, and he paid cash for them," says Johnson. "He was very conservative and would save money for things like cars."

Like most kids her age, Harmon walked to school.

"I started when I was 4 years old and walked a mile-and-a-quarter



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ter round trip to school. Kids today would die if they had to do that," she says, laughing.

When asked what she paid for bread, milk and eggs when she was first married, Harmon couldn't answer the question.

"My husband took care of all the grocery shopping," she says. "He lived in Valley Junction, and he and his family worked very hard."

The couple met while working at Armstrong Tire and Rubber in Des Moines.

"He was quite shy," says Harmon. "About five months later after we started dating, I decided if I couldn't rope him in I'd give up. He was just a nice guy."

Paris Harmon was 42 days younger than his bride, and he worked at Armstrong in the receiving department as a superintendent. He stayed with the company for 42 years before retiring at age 59.

"I never knew his position with the company until I was in high school," says Johnson. "They

never talked about their work; they were just that way. Over the years, I would run into people who told me that they worked for him and liked him."

Harmon says she loved her husband even though they didn't share the same hobbies. He liked baseball and fishing. She liked gardening, canning vegetables and needlepoint.

"My husband was a baseball nut. He was a frustrated baseball player who played for a team in Valley Junction when he was maybe 19 years old, but I didn't think he was probably too good at baseball because he couldn't run very good."

Johnson recalls her mother reading to her and her sister each night at bedtime.

"She would read a Bible story and a book to us every night," she says.

Harmon and her husband moved their family to Windsor Heights in 1985. She says the town has not changed much over the



Photo by Michael Swanger

Mildred Harmon holds a photo of her late husband, Paris Harmon. The couple wed on Dec. 20, 1936 and moved to Windsor Heights in 1985.

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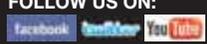
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years.

"My husband bought this place because he wanted to live here," she says. "I love it here, too."

Harmon's husband died at home on Valentine's Day in 2006 at the age of 93. Though the loss was deeply saddening to the family, Johnson says her mother has done a remarkable job of carrying on without him.

"I've never seen her depressed," she says. "She never complains; she doesn't dwell on negative things. She's always even tempered, and she's been my confidant over the years. She's intelligent and very sharp."

"Mom is just very special in my life. She leaves me a lot to be thankful for."

Harmon admits that she doesn't exercise, citing the fact that having walked untold miles to school over the years in her youth was "enough walking."

Conversely, she doesn't smoke, drink or indulge in other bad habits.

**Life's Dreams**

*My hopes and dreams have largely been fulfilled,  
And life is sweet as the beauty of dew upon a rose.  
I've heard the songs of birds as they sang and trilled,  
And I've felt the cleansing rain that God bestows.*

*My life has not been sad or full of sorrow.  
Each day brings new challenges and wondrous things.  
Eager to greet the morn, for a new beginning is tomorrow.  
I know not what to expect, but my heart joyfully sings.*

By Mildred Harmon, 1992, Age 80

"Why would I smoke? My father smoked cigars, and you could see the blue haze from the smoke in the living room every night. It was awful," she says. "As for exercise, it's for people who don't have anything else to do. I hate exercising."

So what does Harmon attribute to her longevity and good health after 101 years?

"I'm just stubborn. That's how I get along," she says, with a smile

that suggests there is more to her answer than meets the eye.

These days, Harmon passes the time completing crossword puzzles, crocheting, reading books and magazines and watching her favorite television shows like "Keeping Up Appearances" and "Dr. Phil."

"I've never been an athlete; I like to read, and I'll read anything, though I really like history," she says.

Her daughter says that her love of reading and playing Scrabble represents her love of words and writing. Harmon wrote a poem for a friend years ago that Johnson has held onto.

"She was 80 when she wrote it, and she said she would part with the world at 90 but she's still here. She's been to California a few times, too. She's lived a good life, and we're so proud of her," says Johnson.

Spend a few minutes talking to Harmon and you will deduce that perhaps the key to her happiness and longevity is her evolved sense of humor, which often has a self-deprecating tone. For that, she credits her father.

"Having a sense of humor is the only way to get through life," she says. "I remember going to a country church when I was little and seeing the looks on people's faces; they were so grim looking. My dad would find something funny in anything. If I didn't have my dad, I wouldn't have been able to get through life." ■

# DAVID JENISON

## Windsor Heights CITY COUNCIL



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#### David's Priorities for Windsor Heights City Council

- ✓ Maintain the character of the community
- ✓ Support affordable economic development

PAID FOR BY DAVID JENISON



Photo by Lucas McMillan

Randy Fowler likes to keep busy at the work bench in his garage.

# The work bench

Fowler enjoys tinkering with home projects

By Lucas McMillan

Randy Fowler says he has always been a habitual tinkerer, though his handiness with tools and machinery came from necessity in his childhood.

"I grew up on a farm in southern Iowa, and we went to town once a week," he says. "If you couldn't fix something yourself, it wasn't going to get fixed at all."

Fowler has worked on many substantial projects out of his garage during the years, including new side doors for his garage, creating a play area and tree house for his children and replacing the wooden sills of his garage door with treated wood beneath the concrete. He even spent an entire summer six years ago building a large red wooden shed in his backyard. Fowler modestly refers to the shed as just "a big box," but the structure is nearly as large as the garage he partially built it in. While the shed was a time-consuming outdoor project, Fowler has also tackled many smaller home improvement tasks that have upgraded the efficiency and safety of his family's house.

Because he lives in a ranch home, Fowler says his dryer's air vent had trouble dispelling the air

and heat. His solution: Rig up a pipe across the ceiling of his garage with a powerful booster fan to help pull the dryer air up and out of his home. He even attached a sensor to the vent to self-activate whenever clothes are being dried.

Fowler is currently working on replacing the metal plating in his home's air ducts with planking and aluminum lining, which he says will help prevent dirt and air from being sucked through the floor into the air system. He's also working on building a back patio for his house over a water-absorbing gravel pit, though he says that he might take his time with that task.

"I like to do projects that don't need to be done right away," he says. "I'm a pretty slow worker."

In addition to home projects, Fowler likes to take care of basic maintenance and repairs to his family's cars, changing the oil, improving the brakes and fixing the shocks. He says that he doesn't much care what he's doing as long as it keeps him occupied and productive.

"I just like 'stay busy' projects," he says. "Of course, that means there's usually too much junk and no room for the cars in the garage." ■

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?



# Pumpkin crunch cake

Simple recipe is the perfect autumn treat

By Jan Allen

Autumn is here, and with it comes cool crisp air, colorful leaves and pumpkins.

I also love recipes that are easy and flavorful, and this definitely fits the bill. Our friend, Tara, brought this dish to a potluck at our church a couple of years ago, and I fell in love with it. I like to add a little extra cinnamon. We never have to worry about leftovers with this cake.

We love pumpkin pie, but this recipe goes over the top where pumpkin is concerned. I like it even better than pumpkin pie. It has a rich pumpkin base and a buttery, crunchy, nutty top that makes it irresistible. What could be better? Maybe a bit of ice cream or whipped cream on top? Enjoy! ■

## Pumpkin crunch cake

### Ingredients

- 1 15-ounce can pumpkin
- 1 12-ounce can evaporated milk
- 3 eggs
- 4 teaspoons pumpkin pie spice
- 1/2 teaspoon salt
- 3/4 cup sugar
- 1 18.25 ounce yellow cake mix
- 1 cup pecans or walnuts (roughly chopped)
- 1/2- 3/4 cup melted butter (drizzled butter needs to cover the top of

the cake)

### Directions

1. Preheat oven to 350 degrees. Lightly grease 9x13 pan.
2. Completely combine ingredients for pie. Pour into prepared pan.
3. Sprinkle dry cake mix evenly over the top. Gently pat down. Top with nuts. Drizzle top with butter.
4. Bake for 50 minutes. Cool and top with a dollop of whipped cream.

Jan Allen enjoys cooking and bakes and decorates birthday cakes for her six grandchildren.

## Friday, Oct. 18

- RHS V Football at SEP, 7 p.m.
- VHS V Football at Thomas Jefferson, 7 p.m.



## Saturday, Oct. 19

- RHS 9 Volleyball at DM Lincoln, 8 a.m.
- RHS V Volleyball at Indianola, 8 a.m.
- VHS 9 Volleyball at DM Lincoln, 8 a.m.
- VHS 10 Volleyball at Indianola, 8:30 a.m.
- VHS V/JV Volleyball at Johnston, 8:30 a.m.
- VHS V Girls Swimming at Marshalltown, 10 a.m.

## Sunday, Oct. 20

- Windsor Heights Lions Club

Meeting, 5-7:30 p.m., funds help support community events, Hy-Vee.

## Monday, Oct. 21

- Council Meeting, 6 p.m.
- RHS 8 Football at DM East, 7 p.m.
- VHS JV Girls Swimming at Dowling, 4 p.m.
- VHS 9 Football at SEP, 6 p.m.

## Tuesday, Oct. 22

- City Council Candidate Forum, Q&A session with candidates, 6-8 p.m., Windsor Heights Community Center.
- RHS 9/JV/V Volleyball at Ottumwa, 4:45/6/7:30 p.m.
- VHS 9/10/JV/V Volleyball vs. Urbandale, 4:45/5:45/7:30 p.m.
- VHS V Girls Swimming at SEP, 5 p.m.

## Wednesday, Oct. 23

- Foundations, supper, \$2.50/person, stay to learn how/why God interacts with people today as in ancient days, activities for all ages, K-12 and adult, 5-7 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.
- Planning & Zoning Meeting, 4:30 p.m., City Hall.
- RHS V Girls Swimming at DM Lincoln, 4:30 p.m.

## Thursday, Oct. 24

- Boys Cross Country Districts
- Girls Cross Country Regionals
- RHS V Girls Swimming at DM Lincoln, 4:30 p.m.
- RHS 10 Football at DM East, 6 p.m.
- VHS V Girls Swimming at SEP, 5 p.m.
- VHS 9 Football vs. Mason City, 6 p.m.
- VHS 10 Football at Mason City, 6 p.m.



## Friday, Oct. 25

- No School - DMPS
- Wags 'n Whiskers Silent Auction. \$40, all ages, 7 p.m., Windsor Heights Community and Events Center.
- RHS 9/V Football vs. DM East, Senior Night, 5/7:30 p.m.
- VHS V Football at Sioux City East, 7 p.m.

## Saturday, Oct. 26

- Hazardous Waste & Tire Drop Off, 8 a.m. - noon, visit [www.windsorheights.org](http://www.windsorheights.org) for list of accepted items, Colby Park.
- RHS Middle School Volleyball Tournament, 8 a.m., TRHS Main Gym.
- ACT Test Date

## Monday, Oct. 28

- Volleyball Regionals



## Tuesday, Oct. 29

- Do Business Windsor Heights, business brainstorm group to discuss ideas to grow their business, 5:30 - 6:30 p.m., Jimmy's Big Ten.
- VHS 8 Girls Basketball Game, 4:30 p.m.
- VSW Fall Band Concert, 7 p.m., VSW Forum.

## Wednesday, Oct. 30

- Foundations, supper, \$2.50/person, stay to learn how/why God interacts with people today as in ancient days, activities for all ages, K-12 and adult, 5-7 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.
- Trunk or Treat. Mt. Olive Lutheran Church and School, 5625 Franklin Ave.
- Football Substate Tournament

## Thursday, Oct. 31

- Halloween
- Girls Swimming Regionals
- Volleyball Regionals
- VHS 8 Girls Basketball at SEP, 4:30 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.



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## Friday, Nov. 1

- VHS 8 Wrestling at Dowling, 4:30 p.m.
- VHS Fall Play, 7 p.m.



## Saturday, Nov. 2

- VHS Fall Play, 7 p.m.
- State Cross Country Tournament
- Girls Swimming Regionals

## Sunday, Nov. 3

- Daylight saving time ends
- VHS Fall Play, 2 p.m.

## Monday, Nov. 4

- Council Meeting, 6 p.m., City Hall.
- Football Substate Tournament

## Tuesday, Nov. 5

- Election Day
- Recorder Choir, contact director Julie DenHerder for more info, 5-6 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.
- DMPS Board Meeting, 6 p.m.
- VHS 8 Girls Basketball at Fort Dodge, 4:30 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.

## Wednesday, Nov. 6

- Foundations, supper, \$2.50/person, stay to learn how/why God interacts with people today as in ancient days, activities for all ages, K-12 and adult, 5-7 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.
- Volleyball Regionals

## Thursday, Nov. 7

- Thursday Shop Where You Roost Expo, an expo event showcasing businesses in the community,
- RHS Musical "Pippin", 7:30 p.m., Auditorium.
- VHS 8 Girls Basketball vs. Johnston, 4 p.m.

## Friday, Nov. 8

- RHS Musical "Pippin," 7:30 p.m., Auditorium.
- Girls State Swimming Tournament

## Saturday, Nov. 9

- RHS Musical "Pippin," 7:30 p.m., Auditorium.
- Girls State Swimming Tournament

## Monday, Nov. 11

- Veterans Day
- WDMPS Board Meeting, 7 p.m.
- VHS 8 Girls Basketball at Waukee, 4:30 p.m.

## Tuesday, Nov. 12

- RHS 8 Wrestling at SEP, 4:30 p.m.

## Wednesday, Nov. 13

- Foundations, supper, \$2.50/person, stay to learn how/why God interacts with people today as in ancient days, activities for all ages, K-12 and

adult, 5-7 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.

- West Side Legislative Breakfast, 7:30-9 a.m., Windsor Heights Community & Events Center.



## Thursday, Nov. 14

- State Volleyball Tournament
- VHS 8 Girls Basketball at Ankeny, 4:30 p.m.
- VHS 8 Wrestling at Fort Dodge, 4:30 p.m.

## Friday, Nov. 15

- State Volleyball Tournament
- State Football Tournament

## Saturday, Nov. 16

- State Volleyball Tournament

## Monday, Nov. 18

- Chamber Luncheon, Mayor Jerry Sullivan will speak on the state of business in Windsor Heights and issues related to business in our community, noon to 1 p.m., Jimmy's Big Ten, 1238 8th St., West Des Moines.
- VHS 8 Girls Basketball vs.

Waukee, 4:30 p.m.

## Tuesday, Nov. 19

- Recorder Choir, contact director Julie DenHerder for more info, 5-6 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.
- DMPS Board Meeting, 6 p.m.
- VHS 8 Girls Basketball at Marshalltown, 4:30 p.m.

## Wednesday, Nov. 20

- Foundations, supper, \$2.50/person, stay to learn how/why God interacts with people today as in ancient days, activities for all ages, K-12 and adult, 5-7 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.
- Care Partners Support Group, for family and friends caring for loved ones, 6-7:30 p.m., Home Instead Senior Care, 6900 University Ave
- RHS Winter Sports Parent Meeting, 6:30-8 p.m., Auditorium.



## Thursday, Nov. 21

- WHYPRO Social, 6 p.m., 515 Brewing Company.
- VHS 8 Girls Basketball Game, 4 p.m.



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

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faith

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Windsor Presbyterian Church is introducing a new format for its adult Sunday school.

## Hunger hike

WH Lutheran prays for those who need food

By Michael Swanger

On Oct. 19 - 20, **Windsor Heights Lutheran Church** will join the worldwide Bread For the World Sunday event, asking members to pray for those who need food.

Adult forums for October include "The Bible & Hunger" (Oct. 13), "Faith in Action: Bread for the World Sunday" (Oct. 20) and Confirmation Celebration!" (Oct. 27).

### 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).

Those interested in joining the church are invited to attend an orientation session hosted by the church's pastors on Nov. 3. New members will be received Nov. 9-10.

The church is forming a new fall/winter small group Bible study group and is seeking members to meet through April. Each session will last about one hour followed by a time of fellowship. For more information call 277-6277.

Children in grades third grade

and up at **Windsor Presbyterian Church** were given Bibles last month as part of their transition from childhood to youth, according to church officials. To help them begin their faith journey, the church will offer a class later this month.

The church is introducing a new format for its adult Sunday school. Each week, the church will send an email to participants with a story from the week's news, scriptures and questions to think about. On Sundays, discussions will be held regarding the topics and their faith.

Also, the church will add two Bible study options to its weekly calendar. The first will be a test study format to explore scriptures and the other will focus on a book of the Bible. Those interested in participating should contact the church office.

The Windsor Heights location of **Walnut Creek Church**, 900 64th St., will host Awana, a national ministry which teaches verse memorization and large group lessons this month. In addition, each meeting includes a game. Awana meets Wednesdays from 6:30 - 8 p.m. in October and is open to children age 3 through sixth grade. ■

# MAYOR WINDSOR HEIGHTS

# Diana Willits

✓ **Vote November 5th!**



## Leadership. Experience. Vision.

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from the desk of  
**DIANA WILLITS**

My name is Diana Willits and I'm running for Mayor of Windsor Heights

Dear Neighbors,

Our community has worked to establish Windsor Heights as a safe, friendly and financially-strong haven. And I'm proud of the role I've played in our progress.

I've lived in Windsor Heights 31 years ... raised my family here ...  
SERVED 16 YEARS ON CITY COUNCIL and 6 YEARS AS YOUR MAYOR PRO TEM.

As Mayor I will ensure we have a long-term vision for strengthening our city financially, structurally and aesthetically.

I've been a part of this city's redevelopment, become well versed on regional programs, learned about the opportunities that can benefit our city and established solid relationships with other cities and governmental agencies. It is imperative that we stay on top of all issues within the metro area and the state that can impact our city. We need to constantly plan and carefully watch future legislation.

Please vote for me November 5th. I'll be honored to serve as your Mayor.

THANKS FOR YOUR SUPPORT!

### I'VE BEEN TRAINED...

Windsor Heights Mayor Pro Tem 2007 – 2013  
Windsor Heights City Council Member 1997 – 2013  
Windsor Heights, Metro Advisory Legislative Committee 1997 – 2011  
Greater Des Moines Partnership, Washington DC Delegate 2007 – 2012  
Metro Mayors MAC Committee 2011 – 2013  
Policy and Administration 2004 – 2013  
Metro/WestHelp Board Member 2006 – 2013  
Community Development Committee 2002 – 2013  
Executive Board Metro Waste Authority 2011 – 2013

### I'M PASSIONATE ABOUT SERVING ...

Chamber of Commerce Member 2008 – 2013  
Chi Omega Parents Group President 2013  
Special Events Committee 1999 – 2013  
Western City School Collaboration Committee  
Member PTA and PTO WDM Schools  
Rebuilding Together-Habitat for Humanity Volunteer  
United Way Volunteer  
Urban Heights Covenant Church Worship and Fellowship Ministry Team Leader.

### I KNOW THAT CLEARLY DEFINED VISIONS SUCCEED ...

Redevelopment of University Avenue and Hickman  
Special Events Committee (4th of July, Windsor Wonderland, Oktoberfest, Movies in the Park)  
Windsor Heights 50324 Zip Code  
Co-Founded the Windsor Heights Chamber of Commerce  
New Development Design Guidelines and Building Signage Standards  
Colby Park Redevelopment and Community Center  
Performance Pavilion and Missing Link Bike Trail  
The West Help Home Improvement Loan Program  
The Montessori Program at Cowles School  
The Urbandale-Windsor Heights Food Pantry

- I will continue to strengthen the tax base and reinvest in the city.
- Through our award winning redevelopment projects, we have increased our commercial tax base. This keeps property taxes as low as possible, and allows us to enjoy exceptional city services from our Police, Fire, Public Works and Community Events departments.
- Our city has earned one of the highest bond ratings possible and I will ensure that we remain fiscally prudent while fostering strategic growth.
- I will promote continuous improvements to streets, sewers, power lines, and older developments.
- I will meet regularly with developers, brokers, and the Chamber to court new businesses and jobs.
- Our residential housing is one of our strongest assets. I will revitalize main corridors and provide programs to protect and enhance property values.



I strongly urge you to elect Diana as Mayor. Her experience and Metro-wide relationships are critical to leading our city.

—Jerry Sullivan, Mayor Windsor Heights 2006 – 2013

Email me at [Diana@dianawillitsformayor.com](mailto:Diana@dianawillitsformayor.com) or visit me on Facebook [Dianawillitsformayor.com](https://www.facebook.com/Dianawillitsformayor.com)

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insurance

By Matt Cale

# Life insurance that can refund money

Return of Premium can provide funds

By Matt Cale, State Farm agent

**Y**ou carry life insurance to protect the ones you love from financial hardship if you should die. But what if that policy could refund money to you and your family while you're alive?

That's the premise behind Return of Premium life insurance. Here's what to know about this coverage.

**What is Return of Premium life insurance?**

Return of Premium life insurance is a term policy with a level premium period of either 20 or 30 years. At the end of the term, if the death benefit has not been paid and you've made regular premium payments, you'll be refunded the money you've paid during the level premium period less any loan and accrued loan interest on the policy.

The return of premiums typically amount to tens of thousand dollars — and you can use that money however you wish.

**What are the benefits?**

In addition to the protection that the policy affords your loved ones:

- The money you get back from a Return of Premium policy



is generally tax-free.

- You can use the refund any way you choose — to help pay off a mortgage, fund college tuition, boost your retirement savings or something else.

• During the level premium period, your policy will build cash value, and you can borrow against that during the initial term period.

- The death benefit of your policy is generally income tax-free.

• If you have one or more other policies with your insurer, adding this coverage may make you eligible for discounts. ■

*The return of premiums typically amount to tens of thousand dollars — and you can use that money however you wish.*

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



## OCTOBER 2013 City of Windsor Heights

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# Windsor Wave

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### CITY COUNCIL CANDIDATE FORUM

The Windsor Heights Chamber of Commerce will host a Windsor Heights City Council Candidate Forum. The event will be held at the Community and Events Center at Colby Park, Tuesday, October 22 from 6–8pm. Candidate introductions followed by a citizen Q&A will commence at 6:30pm with Michael Libbie, a Windsor Heights resident and owner of Insight Advertising, moderating the event. This year there are three seats on the council open including those of Betty Glover, Dave Jenison and Diana Willits. There will also be candidates for the City Mayoral position. We will invite all individuals who have filed their intention to run. We will follow a simple question and answer format to allow as much citizen involvement as possible. Citizens can ask a question of either a specific candidate or all candidates; they will each have a set time to respond. For additional questions, please email [windsorheightschamber@live.com](mailto:windsorheightschamber@live.com) or contact Sherry Borzo, Windsor Heights Chamber Executive Director, at 279-3662.



### HAZARDOUS WASTE AND TIRE DROP-OFF

Metro Waste Authority and the western suburbs partner every year to help residents get rid of unused hazardous products in a safe, smart way. Look under your sink and in your garage for items with labels reading: Flammable, Keep Away from Children, Toxic and Corrosive. These are the types of items accepted for free.

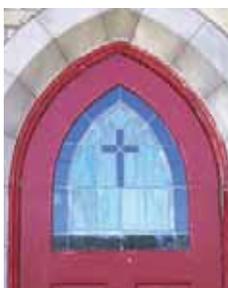
The City of Windsor Heights hosts the final event from 8am to noon, October 26 at Colby Park, 6900 School Street, Windsor Heights.

Come prepared by reviewing a list of accepted and not accepted items at [www.WhereltShouldGo.com](http://www.WhereltShouldGo.com) and click on the Calendar. Note items NOT accepted include: latex paint, electronic waste, pharmaceuticals

Residents can also take advantage of the House Side collection or visit the Metro Hazardous Waste Drop-Off. Learn more at [www.WhereltShouldGo.com/wh](http://www.WhereltShouldGo.com/wh) for details.

#### Tire Drop-Off Event

A tire drop-off will be offered in conjunction with this event for Windsor Heights residents only. Proof of residency is required for tires. Household hazardous materials are accepted by residents from any community.



### HELP KEEP STORMWATER CLEAN

With Autumn around the corner, leaves soon will be falling from the trees. Residents are asked to help keep the stormwater intakes free and clear of leaves and grass clippings by please avoiding raking leaves into the street. This is because leaves in the street eventually end up in the storm sewer, clogging pipes and causing flooded streets. Windsor Heights stormwater flows to underground culverts and creeks, and eventually find its way to the Raccoon River, which is the source for all drinking water. Clean stormwater runoff not only helps keep drinking water clean and safe, it also helps protect aquatic life.

### BEGGARS NIGHT

Ghosts and goblins will be in the neighborhood for trick or treating on Wednesday, October 30 from 6–8pm. Turn on your porch light if you would like to host little visitors. Please be extra careful while driving at this time as well.

### YARD WASTE COLLECTION ENDS NOV. 30.

Dry summer weather means leaves will be falling from the trees early this year. *Compost It!* yard waste is collected in participating communities weekly through Nov. 30. To ensure collection, residents need to use *Compost It!* brand bags or attach *Compost It!* stickers to store-brand bags. Alternatively, residents can sign up for the annual *Compost It!* cart service. Contact Leslie Holsapple, program coordinator, 323-6501.

### WINDSOR WONDERLAND

This year's Windsor Wonderland will be a two-day celebration at the Windsor Heights Community & Events Center in Colby Park. On Friday December 6, children are invited to "cozy up" by bringing sleeping bags and wearing pajamas to enjoy an evening of the 'Polar Express Event'. There will be games, movies, decorating cookies and hands-on activities and workshops. On Saturday December 1, enjoy breakfast with Santa, live music performances and end the day by taking a photo with Santa. Attendees are also encouraged to bring a non-perishable food can or personal care product for the Windsor Heights Food Pantry. Event times and more information will be available at [www.windsorheights.org](http://www.windsorheights.org) the first part of November.

JERRY SULLIVAN, MAYOR • DIANA WILLITS, COUNCIL MEMBER • DAVE JENISON, COUNCIL MEMBER  
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# Meet Stephanie Farmer

Preschool teacher starts kids on learning path

By Rainey Cook

Once upon a time, for some of us, life was chock full of magnetic cars and cubbies filled with toy farm animals. The walls were plastered with primary colored hearts, circles and squares. Birthdays were marked vividly on a huge calendar full of balloons and birthday cakes.

Remember the size of those little chairs that scoot up to a little table? The dollhouse size is too cute for words, but it makes each preschooler feel more responsible than any other time in their entire life of three or four years.

Those were the days.

For Clive Elementary's Tiger Cubs preschoolers, those days are right now. Their first taste of school is here. Their first play dates form here. Their first impressions of a teacher are born here.

Stephanie Farmer has been reading to these little gems for four years now. She loves their enthusiasm to learn, their eagerness to pay attention and the energy they possess for everything.

"I like that I get to see most of my students in kindergarten, too," says Stephanie. "It's fun to watch them grow."

In preschool, her focus is for her students to make friends and to play nice. A second focus is an introduction to math through counting, number identification, sorting and patterns. Literacy and language are another new concept for most preschoolers. They iden-



Stephanie Farmer is a teacher at Clive Elementary's Tiger Cubs Preschool.

tify letters, learn how to write their own name and learn letter sounds.

"One of my favorite things to teach is letters and name writing," Farmer says. "It's awesome to watch them as they finally recognize their own name around the room."

Other favorite parts of her job are the people she works with on a daily basis. She brags that her associates are amazing. She also enjoys all her families she gets to know each year.

As fall presents itself, the class knows the Iowa Orchard field trip is here. The kids get to tour the orchard, taste apple cider and take a hay ride.

It really is the little things in life — small samples of apple cider, sinks perfectly fit for preschoolers and big names on birthday calendars. The size of preschool is a wonderfully exciting time of life.

Farmer, who is from Pomeray, enjoys reading, golfing and spending time with friends. ■

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



Kylie Coons:  
"Just helping us kids."



Evelyn Stewart:  
"I like doing teacher jobs and seeing her at the playground."



Alex Barron-Madrid:  
"Her class and the trains."



Noah Glaser:  
"I like her classroom and the dinosaurs and my backpack."



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\*Disclaimer

\*2012 Calendar Year Sales ranking based on car and truck sales as reported by the Kansas City Region of Lincoln Motor Company.

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## **Windsor UMC to hold rummage and bake sale**

The Windsor United Methodist Church Women will hold their annual fall rummage sale along with luncheon and bake sale at Windsor United Methodist Church, 6222 University Ave. Thursday, Oct. 17, 9 a.m. to 6:30 p.m. and Friday, Oct. 18, 9 a.m. to 3 p.m.

The sale includes books, videos, shoes, purses, jewelry, kitchen supplies, decorating items, clothing of all sizes, games, toys and many other items. Lunch and home-baked goods will also be available daily. The majority of the proceeds from the sale go to mission opportunities in the Des Moines area.

## **Mercy offers classes on chronic conditions**

Are you currently living with a chronic condition such as diabetes, arthritis, cancer or COPD? Do you have chronic pains that make daily life challenging? Do you have a loved one who is dealing with a chronic condition?

The Better Choices, Better Health program is a six-week workshop designed to help you learn how to self-manage your condition. Each week is focused on a different aspect of self-care such as dealing with difficult emotions, healthy eating and weight management and pain management. It is an evidence-based program written by Stanford and offered free by Mercy Medical Center. It has been proven to help participants with health conditions feel empowered and in control of their lives.

Sign up by emailing Rachel Scheib at [RScheib@mercydesmoines.org](mailto:RScheib@mercydesmoines.org) or calling 515-238-1420. Classes are held at Windsor United Methodist Church, 6222 University Ave. from 1 - 3:30 p.m. on Tuesdays from Oct. 29 through Dec. 3.

## **A tribute to Bill Shepherd**

I am presenting this article for the Windsor Heights Neighborhood Watch. John William (Bill) Shepherd, captain of the Neighborhood Watch, recently passed away. I want to attribute this article to him. Bill dedicated much of his time to the Neighborhood Watch by searching in depth on many articles and strived to make his and our community a safer place in which to live. He loved and cared about everyone around him. This was his passion and he enjoyed doing what he did. He developed some great friendships and will be deeply missed. He had his halo, now he has his wings, too, so he can fly with the eagles.

— *Elsie Henry*

## **Windsor Heights Foundation lighting contest**

The Windsor Heights Foundation is pleased to announce the annual holiday lighting contest. The Foundation has divided the city into six zones and will award a \$50 prize to the winner in each zone. The Foundation will award an additional \$50 for the "Best of the Best." The contest winners will receive a lighted sign to place in their yard. The Foundation also appreciates the businesses that decorate for the holidays.

Judging will take place between 6:30 and 9 p.m. from Tuesday, Dec. 3, through Tuesday, Dec. 10. The Foundation is asking residents to have their decorations in place and lit during this time.

The Foundation has selected these criteria for judging the displays:

- Consistent theme (not a mix of secular and religious).
- Balanced design; not cluttered or overdone.
- Creativity in design.
- Originality, including hand-crafted elements.
- Minimum use of plastic.
- Display looks good by day as well as by night. ■



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## North

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## West

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## Q: How can I teach my child about stranger safety?

**A:** Parents can begin the discussion about stranger safety with their child by explaining that a stranger is anyone your family does not know well. Unfortunately, no one can tell if strangers are nice or not nice just by looking at them, so children should be instructed to be careful around all strangers.

### Here are a few tips for protecting your child from strangers:

- Know where your child is at all times. Tell your child he/she must ask permission before going anywhere.
- Teach your child to recognize potentially dangerous situations.
- Encourage your child to always play with others as there is more safety in numbers.
- Make sure your child knows what to do if they feel they are in danger:
  - Say **NO!**
  - **YELL** as loud as he/she can!
  - **GO** away as quickly as possible!
  - **TELL** a trusted adult what happened right away!

You can also help your child recognize safe strangers – such as police officers, fire fighters, teachers and librarians – by pointing them out when you're in the community. Children should know in some cases they may need to talk to a stranger to get help if they feel they are in danger.



Kayla Giberson and Isaac Giberson at Oktoberfest held at Colby Park on Oct. 5.



Griffen Dunkerson, Colleen Kelleher and Grace Dunkerson at Oktoberfest held at Colby Park on Oct. 5



Caden Canada, Cameron Canada and Kinley Canada at Oktoberfest held at Colby Park on Oct. 5.



Isaac Hites and Erich Hites at Oktoberfest held at Colby Park on Oct. 5.



Elliott Hites and Lynnay Hites at Oktoberfest held at Colby Park on Oct. 5.



Nellie West and Elaine Hites at Oktoberfest held at Colby Park on Oct. 5.



Bill Canada and Jeff Fiegenschuh at Oktoberfest held at Colby Park on Oct. 5.



Dave Minarsich and Janice Minarsich at Oktoberfest held at Colby Park on Oct. 5.



Tracy Levine and David Jenison at Oktoberfest held at Colby Park on Oct. 5.



Linda Tong, Glo Hunter and Diana Willits at Oktoberfest held at Colby Park on Oct. 5.



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# Identify your boundary lines

Prevent potential problems by being aware

By Ross Barnett, attorney, Abendroth and Russell Law Firm

You probably know the extent of the real estate you own —the dimensions of your lot, your boundaries and where your neighbors' land begins. But when the lines are not clear, problems can arise between adjoining landowners. If an encroachment exists, such as a fence or garage built over the lot line, your neighbor may be able to either take title to a piece of your land or claim an easement over your property.

Adverse possession is a statutory legal concept that can take ownership of land from one person and give it to another. To enforce a claim of adverse possession, the claimant must have openly occupied the land to the exclusion of others for a period of at least 10 years. Continued use of your land by someone else can divest you of ownership.

It is important to note, however, that permissive use can never become a claim of adverse possession. If a neighbor plants flowers or trims bushes on your land with your knowledge and consent, the neighbor will not be able to take your land for his or her own.

There is a distinction between title and an easement. Title is ownership. An easement is a right of somebody else to come onto the land. The person with the right of access doesn't own the land; he or she just has permission to be on it under certain circumstances. A neighbor may be able to enforce an easement over part of your property under essentially the same conditions as a claim of



adverse possession.

If you think that a neighbor is encroaching on your land, you should determine the boundaries of your property. Find the stakes, pins or caps that indicate the dimensions of your lot. They should be in the corners, but may be buried. If you still have questions, hire a qualified engineer to prepare a survey. The drawing will show the dimensions of the lot, along with buildings and driveways. The engineer will also locate or place the corner pins.

If you note an encroachment, calculate how long the problem has existed. Remember that your neighbors have certain rights after a period of time has elapsed. Determine whether the encroachment is permissive. You may have to check with prior owners of your land. Identifying and dealing with boundary line issues can prevent future problems. ■

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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Terry Anderson and Connie Chiles at Oktoberfest held at Colby Park on Oct. 5.



Taralyn Iseton, Sid Iseton and Suri Iseton at Oktoberfest held at Colby Park on Oct. 5.



Darren Fife, Olivia Fife and Rylan Fife at Oktoberfest held at Colby Park on Oct. 5.



Leilani Solis, Julie Solis and Freddie Solis at Oktoberfest held at Colby Park on Oct. 5.



Tartil Ali and Margaret Mungai at Oktoberfest held at Colby Park on Oct. 5.



Alex Giberson and Nick Giberson at Oktoberfest held at Colby Park on Oct. 5.

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Addyson Kelley at Oktoberfest held at Colby Park on Oct. 5.



Mark Phillips and Christopher Dean at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Jared Modlin and Scott Hogue at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Kevin Lease and Matt Reiff at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Bob Vogel and Peter Jaques at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Bill Canada and Andrew Nissen at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Jerry Sullivan and Dennis McDaniel at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Roger Ranker and Jolene Goodman at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Tony Timm and Lawrence Cunningham at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Dave Moench and Aldrich Cabildo at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.

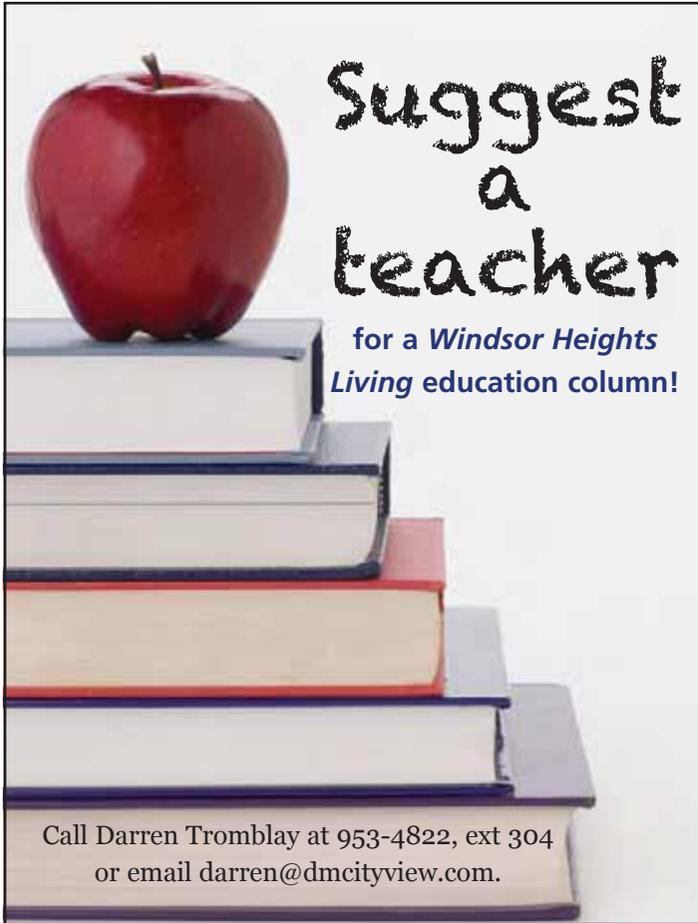


Bobby Walter and Brook Wade at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Jason Roberts and Chris Stoos at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.

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



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# Special Chamber events in October and November

Dream, shop and meet the candidates

By Betty Ridout, president, Windsor Heights Chamber

What do you want to be? The art contest for children kindergarten through fifth grade is underway.

Entries are being accepted until the end of October 2013 at City Hall and Bankers Trust. We are asking children to share — in art and/or written work — what they would like to be when they grow up and why. Please let your young ones know about this contest, and encourage them to enter this competition. The top prizes are \$100, \$75 and \$50, and will be awarded along with undoubtedly many honorable mentions. All submissions will be recognized. For full details, please check out our main page at [www.windsorheightschamber.com](http://www.windsorheightschamber.com). All work will be on display at the Shop Where You Roost Expo Nov. 7, from 5 - 9 p.m.

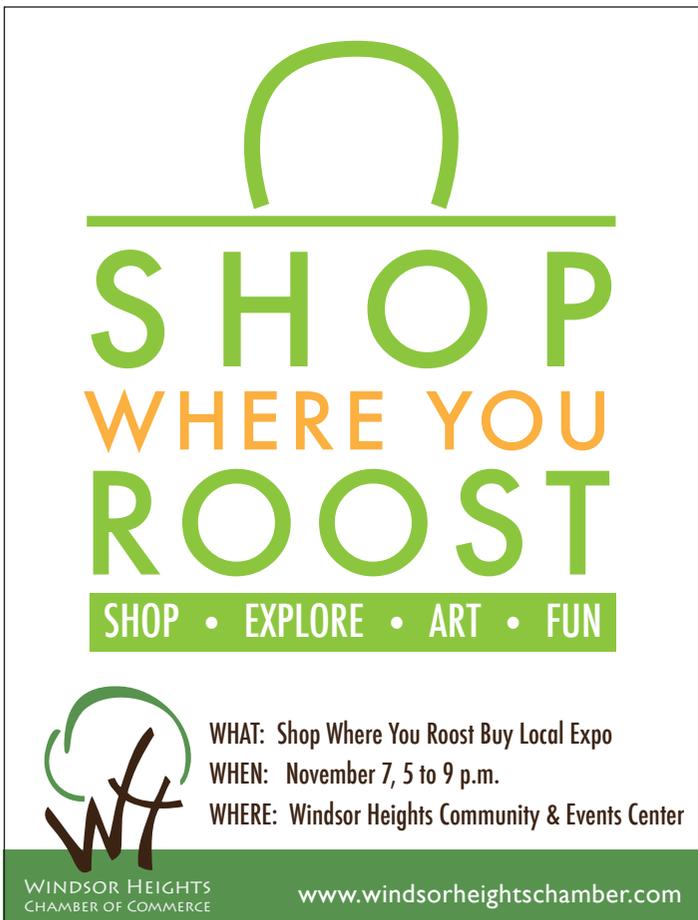


- Chamber sponsored Candidate Forum Tuesday, Oct. 22, from 6 - 8:30 p.m. This event is open to all citizens of Windsor Heights and will be moderated by Michael Libbie of Insight Advertising.

- Do You Shop Where You Roost? Please come for an evening of shopping fun and exploring our Windsor Heights area merchants. They will have their products and services on display at our first buy local event, Shop Where You Roost, which is being held at the Windsor Heights Community and Events Center on Thursday Nov. 7, from 5 - 9 p.m.

There will be live music and concessions provided for sale by Hy-Vee, so you can grab dinner there, too.

- West Side Legislative Breakfast, Nov. 13, 7:30 - 9 a.m. at the Windsor Heights Community and Events Center. Join area legislators as they share their vision for the upcoming 2014 legislative session. This regional event that includes Windsor Heights, Clive, Waukee and West Des Moines has invited Senators Jake Chapman, Matt McCoy and Charles Schneider and Representatives Peter Cownie, Chris Hagenow, Rob Taylor and Ralph Watts. This event is for Chamber members, who can register by going to the Clive Chamber site at [www.clivechamber.org](http://www.clivechamber.org) and then to the events page. A light breakfast and beverages will be served. Tickets are \$15 in advance and \$20 per person the day of the event. ■



**SHOP  
WHERE YOU  
ROOST**

SHOP • EXPLORE • ART • FUN

WHAT: Shop Where You Roost Buy Local Expo  
WHEN: November 7, 5 to 9 p.m.  
WHERE: Windsor Heights Community & Events Center

WINDSOR HEIGHTS  
CHAMBER OF COMMERCE

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



Jamie Hendersen and Matt Cale at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Sherry Borzo and Jerry Sullivan at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Kris Gregersen and John Temple at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Steve Peterson and Bob Newswald at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Richard Banks and Jim Brungardt at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Yousaf Khan, Betty Ridout and Jamie Henderson at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Danielle Nelson and Sheena Danzer at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Tim Mohrfeld and Brad Myers at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Jim Brungardt and Aaron Fosythe at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Dan Evans and Matt Kneifl at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Flo Hunter and Jeff Fiegenschuh at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.



Faith Dorn and Robin Wagner at the Windsor Heights Chamber golf outing at Waveland Golf Course on Sept. 18.

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

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Genesis 2:17; Eat right. Genesis 3:17 Eat right. Genesis 3:18; Eat right. Eat right and keep the commandments, RIGHT? Commandments are prescriptions. Good health and perfect bodies are NOT "Mission Impossible". They are the promise. John 11:25 & 26. 3 John 2. Let these words burn in your hearts, but not "self destruct!"

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