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Windsor Heights  
**Living**  
magazine

november 2013

50324

*Giving  
thanks*

**WINDSOR HEIGHTS RESIDENTS  
SHARE THEIR SPIRIT OF GRATITUDE**

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welcome

By Shane Goodman, shane@dmcityview.com

# Thanksgiving blessings

If you are like me, the Thanksgiving holiday can sneak up on you. I have good intentions each year of slowing down and truly appreciating all that this special day can provide, but then it seems like Thanksgiving is here and gone.



Part of this time struggle is the nature of the publishing business. In our industry, it's tough to take time off around the holidays. Having a day off simply means that we have to complete five days of work in four days. We certainly all avoid the office on the Thanksgiving holiday, but we rarely take the Friday after Thanksgiving off, too, as completing five days of work in three days is more than we usually like to chew off. With that restriction, my immediate family typically doesn't travel too far for Thanksgiving, and we often invite family to our home. In

many ways, that's a blessing.

Speaking of blessings, I would be remiss to not offer my thanks to you, the readers and advertisers of this magazine, for your support. At a time when daily newspapers and some other print media are clearly struggling, we have created a business plan that has thrived. In less than seven years, we have launched 23 Iowa Living magazines (soon to be 24) reaching more than 280,000 monthly readers. Our magazines are delivered to every house, apartment and business in the communities we serve and are read in more than eight out of 10 households. For that, we are truly thankful.

Residents in this community also have much to be thankful for, and several of them shared their blessings with us this month. We hope you can make some relaxing time to spend with your family this year and give thanks for all your blessings, too.

Have a wonderful Thanksgiving, and, as always, thanks for reading. ■

Shane Goodman  
Publisher



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

**Debra Prentice**  
Advertising  
515-577-9136  
debra@iowalivingmagazines.com



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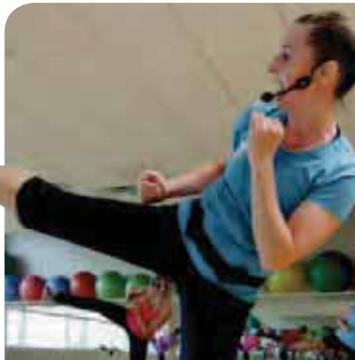


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**On the cover:** Alison Volz. Photo by Michael Swanger.

**PUBLISHER:**  
**EDITOR:**  
**SALES MANAGER:**  
**ACCOUNT EXECUTIVES:**

Shane Goodman  
Darren Tromblay  
Jolene Goodman  
Debra Prentice  
Dan Juffer  
Pete Gardner  
Christina Anderson  
KK O'Neill  
Jodi Gilson-Schrage  
Wendy Goodale  
Brooke Pulliam  
Julie Downing  
Jen Reed

**DESIGN MANAGER:**  
**GRAPHIC DESIGNERS:**  
**EDITORIAL ASSISTANT:**  
**CONTRIBUTORS:**

Celeste Jones  
Karen Ericson  
Tyler Nash  
Kathleen Summy  
Michael Swanger  
Rainey Cook  
Lucas McMillan  
Brent Antisdell  
Brent Antisdell  
Lindsey Woody

**BUSINESS OFFICE MGR:**  
**DISTRIBUTION:**  
**DIGITAL:**

**ADDRESS:** 414 61st Street Des Moines, Iowa 50312  
**PHONE:** 515.953.4822  
**EDITORIAL:** ext.304  
**DISTRIBUTION:** ext.301  
**DESIGN:** ext.313  
**ACCOUNTING:** ext.301  
**FAX:** 515.953.1394  
**WEB:** [www.iowalivingmagazines.com](http://www.iowalivingmagazines.com)



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# Giving thanks

## WINDSOR HEIGHTS RESIDENTS SHARE THEIR SPIRIT OF GRATITUDE

By Michael Swanger

With Thanksgiving Day just around the corner, it is commonplace this time of year to reflect upon the things for which we are thankful. Keep that in mind before you dig into the turkey, stuffing and trimmings, then plop yourself down on the couch to watch a football game or take a tryptophan-induced nap.

Better yet, make it a daily practice. Why wait for the holiday? Because while it is true that Thanksgiving Day occurs only once a year, we should celebrate daily the many blessings for which we often take for granted in our busy lives. It is just a matter of learning to live with a spirit of gratitude.

To gain a better understanding of that spirit, we polled a handful of local residents, including former mayor Jerry Sullivan, Windsor Elementary School Principal Scott Nichols, Edwards Jones Financial Advisor Matt Kneiff and David Stark, owner of The Bake Shoppe, as well as his staff. Though their answers varied, each one of them embraced the spirit of the season when counting their blessings.

"Every year, I'm thankful for the good things, but health is the most important thing in life," says Stark. "I also have great employees that make my work interesting. Life is sweet."

Stark's employees, Alison Volz and Linda Gilman, also shared their thoughts.

"I'm thankful for this job; it's a blessing," says Volz. "I'm also thankful for my upcoming wedding on Dec. 14 and everyone being healthy and happy."

Gilman concurs, regarding her job, and

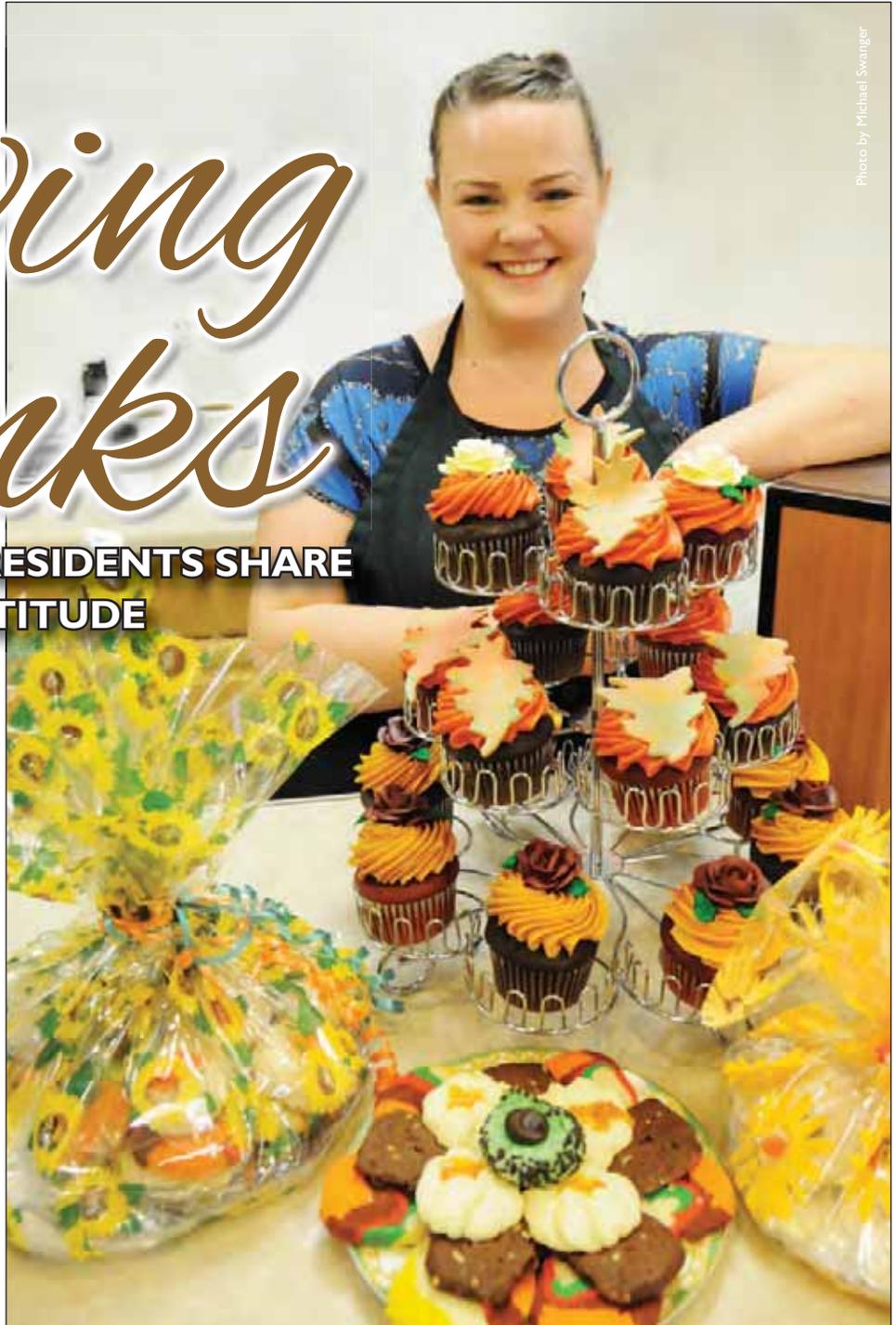


Photo by Michael Swanger

*Alison Volz says she is thankful for her job at The Bake Shoppe, where she creates colorful and tasty treats, and her wedding to be held in December.*

notes that she is thankful for her health and family, too. "It's my season of attitude with gratitude," she says.

Perhaps after reading this story, which includes the firsthand accounts of those who we asked to participate, you might be inspired to reflect upon the many things for which you are thankful. Don't wait until tomorrow. Do it

today.

### **Jerry Sullivan Former mayor of Windsor Heights**

"As I look back over the 30 years we resided in Windsor Heights, I have many fond memories," says Windsor Heights former mayor Jerry Sullivan.



Former Windsor Heights mayor Jerry Sullivan says he is grateful for 30 years of fond memories of serving and living in Windsor Heights.

"I am most thankful for my family who has supported me the entire time... my wife Christy, my daughter Kelley (Brian), my son Tim (Nicki), my daughter Katie and my five wonderful grandchildren Brendan, Ryland, Myra, Shaylin, and McKenna. I would not have been able to accomplish what I have without their unconditional love.

"I am thankful for the support I have received through my employer Principal Financial Group, particularly Larry Reelitz and Larry Zimpleman. I will always remember their support and friendship.

"I am thankful to the entire staff of the city of Windsor Heights both past and present for having made my job as mayor easier. I am especially thankful for our past city administrator, Marketa Oliver, and our present administrator, Jeff Fiegenschuh, for their great leadership; our current chief of police, Dennis McDaniel; our fire chief,

Chris Cross; our CFO, Carrie Kruse; and all council members who give up their time and talent in so many ways. And there is one member in particular that I have had the pleasure of serving with over my entire 12 years. She is Mayor Pro Tem Diana Willits. I am so grateful for the friendships that have developed over the years.

"Lastly, I am thankful for the friends and neighbors of Windsor Heights for electing me three times to represent them on the city council and as mayor. We had a great neighborhood on Franklin Avenue where we raised our children. As we say goodbye to our home and Windsor Heights, know that we love you and wish you all the best in the years to come. Thank you, thank you, thank you."

**Scott Nichols**  
Principal, Windsor  
Elementary School

"What am I thankful for? That's a

very good question and so very hard to narrow down. We tend to give the pat answers — my family, good health, etc...," says Scott Nichols, principal at Windsor Heights elementary. "Don't get me wrong, I am very thankful for all of those things. But as I sat back and reflected on this question, it has really made me remember all of those things that have happened over the years for which I am truly appreciative.

"I moved back to central Iowa 14 years ago. I had grown up in nearby Knoxville, but had moved away after college as jobs in education took me elsewhere. Eventually my wife was offered a promotion that could move us back to Des Moines with her job. So here we came on a wing and a prayer — two 30-year-olds with an infant son. My wife with a job, but her husband substitute teaching and working summer jobs to make ends meet. I am thankful

for all those people who helped us navigate those tricky waters, looked after us, helped make our lives richer, and ultimately became our friends.

"As trying as it seemed at the time, I look back and there is no possible way that I ended up as a principal in Iowa's largest school district without having gone through it. My experiences substitute teaching, the teachers and leaders that I worked beside as a classroom teacher, and the access to higher education in Des Moines all came together to help shape me and build me as a professional. I am thankful for all of those people who supported me, mentored me and took a chance on me. I would not be in this position if it weren't for each and every one of them.

"As principal of Windsor Elementary, I have the opportunity to shape the lives of our future leaders. I am fortunate to have the

staff that I do here. Each and every person strives to ensure that each child in our care is treated respectfully and is given the tools that they need to succeed in their life. They do so with a selflessness that daily demonstrates their belief in the future legacies that they are building. I am thankful for each and every one of them for keeping the faith that together we influence our future and make the lives of our children better.

"Finally, the Windsor Heights community reminds me so much of the small-town beliefs that I grew up with — friendly smiles, saying 'hi' as you pass each other in the streets and even simply taking care of each other to ensure the safety and well-being of the community. It spreads through the very fabric of the neighborhood and flows as an energy through the streets. It really is a special place. I am thankful for all of those people who have welcomed me with open arms, sat and chatted and made me feel welcome in my position as principal.

"As I sat down to write this, I was reminded of something that Henry Ford once said, 'Life is a

series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this.' What I am most thankful for was the phone call that I received to write this article. For without it, I would not have taken the opportunity to remind myself of all the people I've known and all the experiences that I've been given. My life has truly been blessed and I am grateful for each and every one of them."

**Matt Kneifl**  
Financial advisor,  
Edward Jones

"I can't believe that Thanksgiving is already here," says Matt Kneifl, financial advisor at Edward Jones. "Wow, where is 2013 going so fast? In fact, the pace has been so furious this year, in the midst of uncertainty, volatility and global financial stress that I have to hit the pause button to appreciate my blessings.

"I am most thankful for my family. I have been married to my lovely wife, Sabina, for eight years. Miles is 4, and I wonder how he has grown up so quickly. Sabina and I are both enjoying every minute of



Matt Kneifl, Edwards Jones financial advisor, says he is thankful for a multitude of things this year, from his family, to his clients, to his community.



Scott Nichols, principal at Windsor Elementary School, says he is grateful for the experiences in his life that led him to his job, among many other things.

our lives with Miles as he has been in several activities including pre-kindergarten, swimming, karate, piano lessons and soccer.

"I am thankful to represent a reputable nationally recognized firm, Edward Jones, for more than 10 years now.

"I am thankful for U.S. history that has many stories of resilience, adaptation and recovery from disaster or crisis.

"I am thankful for Social Security and having the abilities to help our clients decide how and when to draw it. There are multiple choices but only one is best for each individual or couple and it is a tremendous decision as retirees will collect for the rest of their lives.

"I am thankful to help so many clients keep their incomes the same or even rising through an extremely low interest rate environment.

"I am thankful to be a business owner with all of its opportunities and challenges. My leadership role on the leadership team of Edward

Jones is a constant source of personal and professional growth.

"I am thankful for the loyal clients of my financial advisory firm. They know that we are not perfect but that we genuinely care about their well-being and their financial success.

"I am thankful for my professional certification, the Certified Financial Planner. From its humble roots in 1972, an international movement committed to education, professionalism and ethical practices in the financial service industry.

"I am thankful for the opportunities I get to write and speak about financial planning and investing. Financial literacy, or lack thereof, is a crisis in America. In particular, we have to teach our children how to make wise financial decisions — before they get out of college.

"I am thankful for the citizens of Windsor Heights. For without you my business would be nil. I hope that you and your family have a great Thanksgiving." ■

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finance Matt Kneifl

# Take advantage of 'open enrollment'

At many places of work, it's "open enrollment" season — the time where you get to make changes to the various benefits you receive from your employer. What areas should be focused on?

Here are three possibilities:

- **Life insurance.** If your employer offers life insurance, and you haven't already signed up for it, consider adding it during your open enrollment period, because life insurance can be important to your family's financial security. If you already have life insurance with your employer, you may want to take the time, during open enrollment, to review your beneficiary designations. If you've experienced a change in your family situation you may need to make changes to your beneficiary designations. You may want to consult with your financial professional to make sure the coverage is adequate for you and your family.

- **Disability insurance.** Your employer may also offer disability insurance as a low-cost benefit. The coverage can be invaluable. In fact, nearly one in three women, and about one in four men, can expect to suffer a disability that keeps them out of work for 90 days or longer at some point during their working years, according to the Life and Health Insurance Foundation for Education (LIFE). Again, if this coverage is inadequate you may want to evaluate this as well.

- **Retirement plan.** Your employer may offer a 401(k) or similar retirement plan, such as a 403(b) plan, if you work for an educational institution or a non-profit organization, or a 457(b)



plan, if you work for a governmental unit. All these plans offer the chance to contribute pretax dollars, so the more you put in, the lower your taxable income. Equally important, your earnings can grow tax deferred, which means your money can accumulate faster than if it were placed in an account on which you paid taxes every year.

Consequently, try to contribute as much as you can possibly afford to your 401(k) or other employer-sponsored plan. If you've gotten a raise recently, consider boosting your contributions during open enrollment. Also, take this opportunity to review the investments you've chosen for your 401(k) or other plan. If you feel that they're underperforming, you may want to consider making some changes.

Open enrollment season gives you the perfect opportunity to maximize those benefits offered to you by your employer. So, think carefully about what you've got and what improvements you can make — it will be time well spent. ■

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



## NOVEMBER 2013 City of Windsor Heights

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# Windsor Wave

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### 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 Dec. 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 Dec. 7, 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 are available at [www.windsorheights.org](http://www.windsorheights.org).



### DES MOINES WATER WORKS RATE INCREASE

The Des Moines Water Works Board of Trustees approved a 5% rate increase for 2014. The City of Windsor Heights rate classifications will apply to all of the consumption used for 2014.

Those rates are:

Effective Date	Rate/1,000 Gallons
January 1, 2014 - March 31, 2014	\$3.08
April 1, 2014 - December 31, 2014	\$3.23



### WINDSOR HEIGHTS FOUNDATION SPONSORS ANNUAL HOLIDAY 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 \$50.00 prize to the winner in each zone. The Foundation will award an additional \$50.00 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 9:00 p.m. from Tuesday, Dec. 3, 2013 through Tuesday, Dec. 10, 2013, and the Foundation is asking residents to have their decorations in place and lit during this time. Please visit [www.windsorheights.org](http://www.windsorheights.org) for more information.



### PET OWNERS

This is a friendly reminder not to let your cats roam free. All pet ordinances are in Chapter 55.

### DID YOU KNOW?

The City of Windsor Heights has a rental property certification program. In 1997, the Windsor Heights City Council adopted the Uniform Housing Code, 1997 Edition, and the Recommended Minimum Housing Standards, 1986 Edition, as the City Rental Housing Code. The Code applies to all properties or portions thereof which are occupied on a rental basis or if in return for housing, a tenant agrees to occupy and maintain the premises and pay utilities.

All owners of rental property must comply with the Code standards. All property owners shall submit an application requesting a rental certificate. Such application shall be accompanied by an inspection fee. A copy of the fee schedule is enclosed. Upon receipt of an application, the City conducts an inspection of the premises and issues Rental Certificates.

### Below is a brief outline of the Rental Registration process:

- The property owner completes an application for a rental registration. The completed registration form must accompany the appropriate registration fee.
  - o Registration fee: \$75.00
  - o Inspection fee: \$75.00
  - o Conversion fee to a rental unit if not previously a rental unit: \$250.00
- The property owner contacts the City of Windsor Heights to schedule an inspection visit.
- The inspector will visit the property and conduct the inspection. He or she will leave a copy of the completed check list at the property after the initial inspection visit.
- If the rental unit complies with the provisions of the Code, the inspector will issue a rental certificate.
- If violations are found, the property owner is responsible for correcting all violations.
- The inspector will return to the property and perform the re-inspection.
- Regular inspections must be performed on the property. Inspections of one and two family rental units (single homes and duplexes) are required every eighteen (18) months. Regular inspections of multi-family rental properties (apartment buildings) are required to be inspected every twelve (12) months.

*If you have specific questions regarding the rental inspection program, please feel free to call City Hall at 515-279-3662. If you need to report a rental property log onto: <http://www.windsorheights.org/planning-building/report-a-code-violation.aspx> or call City Hall.*

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

## Friday, Nov. 22

- Rock the River, request favorite songs with live DJ, \$3.50-\$6, 8-11 p.m., Brenton Skating Plaza.



## Saturday, Nov. 23

- RHS V Girls/Boys Basketball at Urbandale, noon.
- VHS V Girls/Boys Basketball vs. DM East, 10:05/10:45 a.m.

## Monday, Nov. 25

- RHS JV/V Bowling at Valley, 3:45 p.m.
- VHS JV/V Bowling vs. DM Roosevelt, 3:45 p.m.
- VHS 9 Boys Basketball vs. Ankeny, 6 p.m.
- VHS 9 Girls Basketball vs. Waukee, 7 p.m.
- VHS Jazz in the Hall, 7 p.m.
- WDMPS Board Meeting, 7 p.m.

## Tuesday, Nov. 26

- Do Business Windsor Heights, brainstorm ideas to help grow business, 5:45-6:45 p.m., Jimmy's Big Ten.
- RHS 9/JV/V Girls Basketball vs. Waukee, 4:45/6:15/7:45 p.m.
- VHS 8 Girls Basketball vs. Urbandale, 4:30 p.m.
- VHS JV/V Boys Swimming Scrimmage, 5 p.m.

## Wednesday, Nov. 27

- Hanukkah
- No School - DMPS
- No School - WDMPS
- 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.

## Thursday, Nov. 28

- Thanksgiving Day
- Hanukkah
- No School - WDMPS
- No School - DMPS

## Friday, Nov. 29

- Hanukkah
- No School - DMPS
- No School - WDMPS
- Rock the River, request favorite songs with live DJ, \$3.50-\$6, 8-11 p.m., Brenton Skating Plaza.

## Saturday, Nov. 30

- Hanukkah
- RHS 9/JV/V Girls Basketball at Ames, 3:30/5 p.m.

## Sunday, Dec. 1

- Hanukkah

## Monday, Dec. 2

- Hanukkah
- Council Meeting, 6 p.m., City Hall.
- VHS 8 Girls Basketball vs. Fort Dodge, 4:30 p.m.
- VHS 9 Boys Basketball vs. Waukee, 6 p.m.
- VHS JV Boys Basketball vs. SEP, 7 p.m.

## Tuesday, Dec. 3

- Hanukkah
- 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.
- RHS 9/JV/V Girls Basketball vs. Dowling, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. Dowling, 4:45/6:15/7:45 p.m.
- VHS 8 Girls Basketball at Ames, 4:30 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.
- VHS 9/JV/V Girls Basketball at DM Lincoln, 4:45/6:15/7:45 p.m.
- VHS 9/10/V Boys Basketball at DM Lincoln, 4:45/6:15/7:45 p.m.
- VHS JV/V Boys Swimming at Ames, 5 p.m.



## Wednesday, Dec. 4

- Hanukkah
- 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.

## Thursday, Dec. 5

- Hanukkah
- RHS JV/V Boys Swimming vs. Mason City, 5:30 p.m.

- VHS 8 Girls Basketball vs. SEP, 4:30 p.m.
- VHS 8 Wrestling at Ames, 4:30 p.m.
- VHS JV/V Boys Swimming at Indianola, 5:30 p.m.
- VHS JV/V Wrestling Meet, 6:30/7:30 p.m.



## Friday, Dec. 6

- Cityview's Des Moines Sexiest Party, starts at 6 p.m., event attendees will vote to determine who wins from top 16, winner revealed at 9 p.m., The Keg Stand, West Des Moines
- Rock the River, request favorite songs with live DJ, \$3.50-\$6, 8-11 p.m., Brenton Skating Plaza.
- "Polar Express" Movie Night, \$3/person or \$10/family, 6:30-9 p.m., Windsor Heights Community and Events Center.
- RHS 9/10/V Boys Basketball at Marshalltown, 4:45/6:16/7:45 p.m.
- RHS 9/JV/V Girls Basketball at Marshalltown, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball at Ankeny, 4:45/6:15/7:45 p.m.
- VHS 9/10/V Boys Basketball at Ankeny, 4:45/6:15/7:45 p.m.

## Saturday, Dec. 7

- Windsor Wonderland, all you can eat breakfast, photos with Santa and more, \$6/person, 8:30 a.m.- noon, Community & Events Center-Colby Park.
- RHS JV Wrestling at DM North, 9 a.m.

- RHS V Boys Swimming at Ames, 11 a.m.
- VHS JV Wrestling at DM North, 9 a.m.
- VHS JV Boys Basketball vs. Waukee, 10 a.m.
- VHS V Wrestling at Cedar Falls, 10:30 a.m.
- VHS 9/JV/V Girls Basketball at Cedar Rapids Jefferson, 1/2:30/4 p.m.



## Monday, Dec. 9

- RHS JV/V Bowling at Ottumwa, 2:30 p.m.
- RHS JV Boys Basketball vs. DM North, 7 p.m.
- VHS V Girls/Boys Bowling at Mason City, 3 p.m.
- VHS 8 Wrestling at Norwalk, 4:30 p.m.
- VHS 9/JV Boys Basketball vs. Urbandale, 7/8 p.m.
- WDMPS Board Meeting, 7 p.m.

## Tuesday, Dec. 10

- RHS 9/10/V Boys Basketball at DM Hoover, 4:45/6:15/7:45 p.m.
- RHS JV/V Boys Swimming at SEP, 5:30 p.m.
- RHS 9/JV/V Girls Basketball at DM Hoover, 4:45/6:15/7:45 p.m.
- RHS JV/V Wrestling at Ankeny Centennial, 6:30/7:30 p.m.
- RHS Winter Band Concert, 7 p.m., Auditorium.
- VHS 8 Girls Basketball at

- Johnston, 4:30 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.
  - VHS 9/10/V Boys Basketball vs. Marshalltown, 4:45/6:15/7:45 p.m.
  - VHS 9/JV/V Girls Basketball vs. Marshalltown, 4:45/6:15 p.m.

## Wednesday, Dec. 11

- 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.

## Thursday, Dec. 12

- RHS JV/V Bowling vs. DM East, 3:30 p.m.
- RHS Winter Holiday Choir Concert, 7 p.m., Auditorium.
- VHS JV/V Bowling at Dowling, 3:45 p.m.
- VHS 8 Girls Basketball vs. Indianola, 4:30 p.m.
- VHS JV/V Boys Swimming vs. Marshalltown, 5:30 p.m.
- VHS JV/V Wrestling at Mason City, 5:30 p.m.

## Friday, Dec. 13

- Rock the River, request favorite songs with live DJ, \$3.50-\$6, 8-11 p.m., Brenton Skating Plaza.
- RHS 9/JV/V Girls Basketball vs. Indianola, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. Indianola, 4:45/6:15/7:45 p.m.
- VHS 9/10/V Boys Basketball vs. Dowling, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball vs. Dowling, 4:45/6:15 p.m.

## Saturday, Dec. 14

- RHS JV Wrestling at DM East, 9 a.m.
- RHS V Wrestling at Valley, 10 a.m.
- VHS JV Wrestling at DM East, 9 a.m.

- VHS V Wrestling Invitational, 10 a.m.
- VHS V Boys Swimming at Marshalltown, noon.
- VHS 9/10/V Boys Basketball at Waukee, 3/5/6:30 p.m.

## Monday, Dec. 16

- Council Meeting, 6 p.m., City Hall.
- RHS JV Boys Basketball vs. Indianola, 7 p.m.
- VHS JV/V Bowling vs. Marshalltown, 3:45 p.m.
- VHS JV Boys Basketball vs. Dowling, 7 p.m.
- VHS 9 Boys Basketball at Dowling, 8 p.m.

## Tuesday, Dec. 17

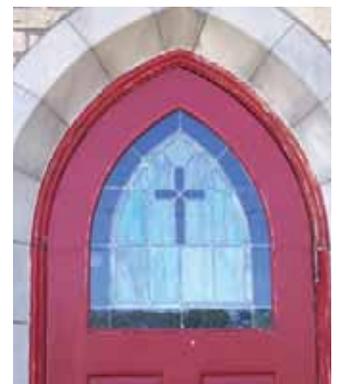
- DMPS Board Meeting, 6 p.m.
- Recorder Choir, contact director Julie DenHerder for more info, 5-6 p.m., Mt. Olive Lutheran Church & School, 5625 Franklin Ave.
- RHS 9/10/V Boys Basketball at DM East, 4:45/6:15/7:45 p.m.
- RHS 9/JV/V Girls Basketball at DM East, 4:45/6:15/7:45 p.m.
- VHS 8 Girls Basketball at Indianola, 4:30 p.m.
- VHS 9/10/V Boys Basketball at SEP, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball at SEP, 4:45/6:15/7:45 p.m.

## Wednesday, Dec. 18

- 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.

## Thursday, Dec. 19

- RHS Orchestra Concert, 7:30 p.m., Auditorium.
- RHS JV/V Boys Swimming at DM Hoover, 5:30 p.m.
- RHS JV/V Wrestling at Ottumwa, 6:30/7:30 p.m.
- VHS JV/V Boys Swimming at SEP, 5:30 p.m.
- VHS JV/V Wrestling vs. Ankeny, 6:30/7:30 p.m.
- VHS Winter Band Concert, 7:30 p.m.



## Friday, Dec. 20

- Rock the River, request favorite songs with live DJ, \$3.50-\$6, 8-11 p.m., Brenton Skating Plaza.
- RHS 9/JV/V Girls Basketball vs. DM North, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. DM North, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball at Urbandale, 4:45/6:15/7:45 p.m.
- VHS 9/10/V Boys Basketball at Urbandale, 4:45/6:15/7:45 p.m.



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Pastor Chris Olkiewicz says the expansion at Windsor Heights Lutheran Church will help to better serve its congregation.

# Building today for God's tomorrow

Lutheran Church will have major building changes

By Michael Swanger

Demolition crews began tearing down the vacant parsonage at Windsor Heights Lutheran Church during the first week of November, one of the many steps signaling the church's massive transformation.

Windsor Heights Lutheran Church, which was founded nearly 70 years ago, last underwent updates to its building about 30 years ago, but those changes pale in comparison to the renovation and new construction to be completed by July 2014.

Plans call for new construction of a main entrance, 300-seat capacity fellowship hall, kitchen, meeting rooms, youth room, sanctuary chancel and expanded narthex space on the south and west sides of the church's campus. Pastor Chris Olkiewicz says the church identified the need for expansion years ago to better serve its congregation of as many as 900 people as well as the community to help fulfill its new vision statement: "Invite, Grow, Serve."

"The idea of facility needs kept coming up as we began planning for our future," he says. "Especially the 'invite' piece of our mission statement as we further examined our role in the community and how we could serve the needs of those locally and beyond and how a new space might enhance our ability to do that."

The church hired Miller Architects and Builders from Minnesota to work with its facilities design team. Olkiewicz says about 80 percent of the work will be completed by local contractors and crews.

## 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).

Last year, the church kicked off its capital campaign "Building today for God's tomorrow" to raise the \$4 million needed for the project. To date, it has raised about \$2 million and officials say the church will secure the remaining funding with a loan.

Following the demolition of the parsonage, surveying crews will begin their work, and the walls to the new entrance and atrium area will begin to be erected in January.

"The congregation is very excited about this project. It's been a long time since we've made changes to our space. The changes will enhance our ability to serve our faith community as well as the community in general," says Olkiewicz. "We see it as a way to better serve Windsor Heights and greater community in which we're located." ■

Announce your church services & activities in the next issue of *Windsor Heights Living* magazine

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Photo by Lucas McMillan

Leng Vong Reiff keeps her photography equipment in her garage.

# Picture perfect

Vong Reiff's hobby blossoms into something bigger

By Lucas McMillan

In 2007, Leng Vong Reiff went to work with several nonprofits and a large advertising agency in Des Moines after graduating from Iowa State with degrees in advertising and design. However, after entering the corporate world, Vong Reiff developed an interest in running her own business.

"I don't come from an entrepreneurial background, but it became a passion of mine," she says. "I realized I wanted to do it on my own."

Vong Reiff soon began freelancing for companies in the area under the name Akili Design & Marketing Services. She helped create the marketing materials for many local businesses, and that often involved a lot of DIY photography out of her own garage. She has taken pictures of many products in her garage, including jewelry and watches, but one of the

most memorable photo shoots came courtesy of the Iowa Steak Company, one of her clients.

"They dropped off huge deep freezers full of meat in my garage," she says. "We spread it all around, made it look nice, and took pictures. It made me hungry, actually. It looked really good."

Growing up in Urbandale, Vong Reiff always had a passion for the arts. Her parents encouraged her hobby and sent her to art school when she was in the eighth grade. She took classes there until she graduated from high school. Her work, she says, is the perfect combination of her interests, including art, design and marketing.

"I always knew I wanted to do something professionally that involved art and drawing," she says. "I just love being creative."

Though she has always enjoyed photography, Vong Reiff says she has developed more of an appreciation for it through her work. She even helps out her friends on the weekends with their photography needs, like school photos or portraits.

Last year, Vong Reiff moved her business out of her home and into a full-time office space in Windsor Heights. However, she still uses her garage for photography and expects to be busy snapping product pictures with the holiday coming up. Vong Reiff says she's happy she's made her own career path, and she's glad she's had the opportunity to work so much from home — and her garage.

"I love the flexibility," she says. "Sometimes I feel like I'm on the clock 24/7, but I'm on the clock on my time." ■

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?*



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## Q. How can I tell if my child has suffered a concussion?

**A.** According to the American Academy of Pediatrics, a concussion is any injury to the brain that disrupts normal brain function on a temporary or permanent basis. A concussion can occur when your child takes a hit to or a fall on the head. A child may suffer a concussion if injured during a sporting event, such as football, rugby, hockey, soccer or basketball. Concussions may also occur if a child falls off a bike or skateboard.

**Symptoms of concussion may include, but are not limited to, the following:**

- Headache
- Nausea or vomiting
- Double or blurry vision
- Feeling mentally "foggy"
- Dizziness or balance problems
- Confusion
- Drowsiness

Following an injury, symptoms of concussion are usually visible immediately; however, it may take several hours before your child displays any sign of concussion. It is important to monitor your child carefully and to call your doctor if you suspect your child has suffered a concussion. Any child who has a head injury or concussion should refrain from physical activity until he or she is examined and released from a doctor's care.

# Sausage and corn chowder

Tasty soup is a cold weather favorite

By **Marchelle Walter Brown**

A few years ago a friend of mine was dining out in a restaurant in the Kansas City area and had, what she felt, was one of the best bowls of soup she'd ever tasted. She made note of what ingredients she could and then went home and set out to try to duplicate the flavor. After some trial and error, she finally came up with a homemade bowl of chowder she felt adequately replicated what she had experienced. While her mother was visiting, she made the chowder for her and then passed the recipe along, and that's how it ended up in my hands.



Since that time it's become a favorite at our house, and I've passed the recipe along to many friends and family. My husband, who isn't normally a "soup guy," starts making requests for this as soon as cooler weather starts moving in, and I've made a couple of pots full already this fall.

This version of sausage and corn chowder gets an A+ on all accounts: It's super flavorful, uses common ingredients and is quick and easy to throw together. Additionally, you can easily double the recipe if needed, you can transfer it to a slow cooker and transport it for a potluck dinner, and it also warms up even better the next day. What's not to love? ■

## Sausage and corn chowder

### Ingredients

- 1 lb. sausage (seasoned, but not Italian)
- 1 onion (chopped)
- 4 large potatoes (sliced)
- 2 tsp. salt
- 1 tsp. basil
- ½ tsp black pepper
- 2-1/2 cups water
- 1 can creamed corn
- 1 can whole kernel corn (do not drain)
- 1 can evaporated milk

### Directions

1. Cook sausage and onion together and drain the grease off.
2. Stir in the potatoes, water and spices, then cover and simmer 15 minutes or until potatoes are just tender. (You can add a little more water if it's necessary to have enough liquid to cook potatoes.)
3. Stir in both cans of corn and the evaporated milk. Cover again and heat to almost boiling.

Marchelle Walter Brown enjoys cooking for her family and using her mother's recipes.

# Meet Monica Dickenson

Instructor instills sense of ownership in students

By **Rainey Cook**

Although it's her first year, Monica Dickenson already feels the strong support of the administration and the freedom to run her classroom as she likes. She thoroughly enjoys the Christian environment she's immersed in every day.

As a third grade teacher at Iowa Christian Academy, Dickenson loves that her students love to learn and have spunk for life. She has 15 third graders this year.

The most important Biblical message she wants her students to keep with them is the fact they are loved. She wants them to know that they possess incredible value and great importance.

She also works on instilling a sense of ownership in her students. They are old enough to be able to work through a list on the board and accomplish all the tasks listed on their own.

"It's part of growing up," Dickenson says. "This kind of behavior starts at home."

Her November study includes pilgrims. The students' task is to do research on greats such as Christopher Columbus, Captain John Smith and Pocahontas. Once they have enough information, the class creates a Facebook page on them.

"We create friends for each of our historical characters," she says. "The stuff they come up with to put on these Facebook pages is just a riot."

Another seasonal project she



Photos by Rainey Cook

Monica Dickenson teaches third grade at Iowa Christian Academy.

has planned is baking pumpkin pies to see the physical and chemical changes.

She says the dynamics of her classroom are rather interesting this year. With a third of the class only children, a third oldest children and the rest youngest children, this sort of a dynamic creates a pull for attention with bold, domineering personalities.

With lots of signing to instill creativity and individual learning, she thinks this is just one healthy way to teach a group of bold children.

"We start every day with devotions and prayer requests," Dickenson says. "It really is a great way to speak life into them, not to mention, their prayers are really heartfelt."

In her spare time, the Oskaloosa native can be found in the kitchen cooking or baking. During the summer months she manages 150 lifeguards at Adventure Bay at Adventureland. ■

## What do you like best about your teacher?



David Riley: "I like that she doesn't give out rules, and she's not angry."



Kennedy Glaser: "I like that Miss D. doesn't send out a lot of homework, and she's really nice."



Lydia Hamann: "That she lets us sing songs in the morning."



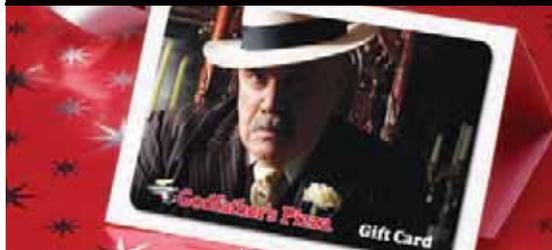
Jake Bussard: "She's a fun teacher."



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Photos by Rainey Cook

Tamara and Jeff Andrews and their family are happy with their home on 65th Street.



# Cozy living

Andrews family finds their perfect home

By Rainey Cook

Jeff and Tamara Andrews have lived in their Windsor Heights ranch since 2003. They have changed several things about their home's functionality. Their plan is to stay and do even more.

The couple started with dry wall projects to give the home a cleaner look. They've taken out the top half of the dining room wall to provide more of an open space. They've added all new windows, a sump pump and a new roof.

They have an agenda for next spring already — painting and removing bushes.

With many more projects planned for the future, Jeff and Tamara also take time to sit and enjoy the coziness they've created so far.

"I like the cozy chairs we have," says third-grader Seth. "I like my bedroom and the space

we have. It's the perfect size."

Seth could go on and on and on, if his parents would let him. He's completely happy in their home. He also likes that the front yards combine so he can play football "on a bigger field." He's hoping for bright yellow goal posts some day.

They play baseball, climb walls and bike the trails at Colby Park. They like their mixed-age neighbors and they enjoy annual neighborhood barbecues and ice cream socials. They have already ventured to a nearby pumpkin patch for seasonal fun.

"We like Windsor Heights," says Jeff. "It's quiet, and everything we need is so close."

The Andrews home is a wonderful example of fun and faith with God as their guide. The

children frolic around and talk endlessly about themselves, school and sports. Energy is high and love is present.

The living room boasts the business of a family of five — school art, kids' shoes, comfy furniture and two cats that try to keep up. The front window reveals a perfect view of two beautiful Red Sunset maple trees that Jeff and Tamara planted.

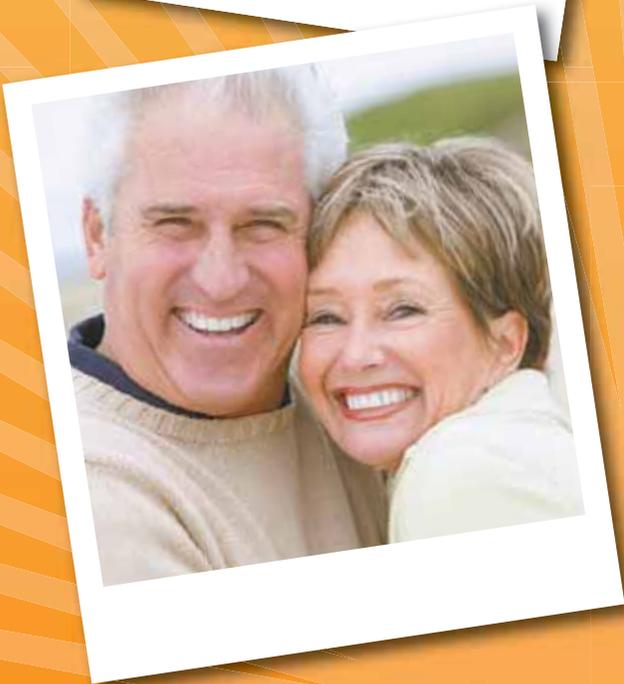
The only history of the home the couple can think of is the clear evidence there was once a huge garden in the backyard. Perhaps it was part of the lifestyle of the first homeowners in the late '40s.

The aura Windsor Heights has as a community fits perfectly with this family's priorities. It's no surprise they plan to stay. ■

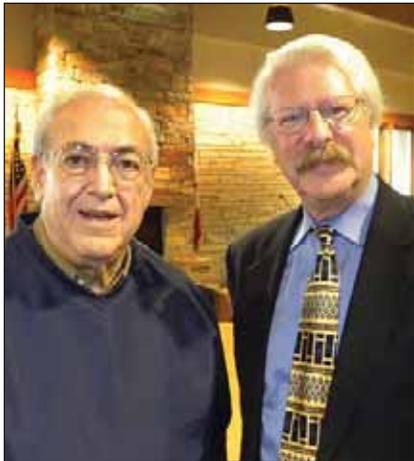
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John LaBonia and Tom Chambers at the reception for Jerry Sullivan on Oct. 14.



Mary Kay LaBonia and Carole Chambers at the reception for Jerry Sullivan on Oct. 14.



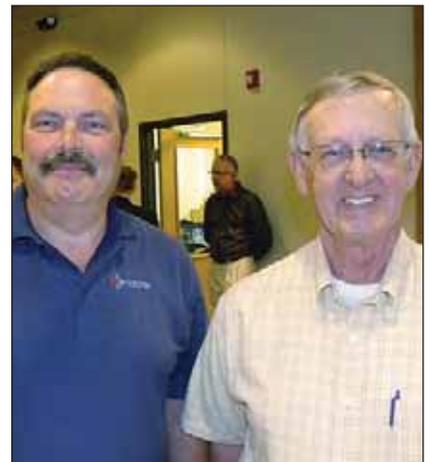
Chris Refsland and Brian Kelting at the reception for Jerry Sullivan on Oct. 14.



Ryland Kelting, Brendan Kelting and Myra Kelting at the reception for Jerry Sullivan on Oct. 14.



Matt Cale and Jerry Sullivan at the reception for Jerry Sullivan on Oct. 14.



Bill Roberts and Skip Conkling at the reception for Jerry Sullivan on Oct. 14.



Christy Sullivan and Betty Grovers at the reception for Jerry Sullivan on Oct. 14.



Kay Boisen and Lee Boisen at the reception for Jerry Sullivan on Oct. 14.



Steve Peterson and Skip Conkling at the reception for Jerry Sullivan on Oct. 14.

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# Selecting an executor

Person will administer your will

By Ross Barnett, attorney, Abendroth and Russell Law Firm

One of the more important decisions you must make when writing your will is the selection of an executor. The executor is responsible for administering your will and ensuring that your assets are distributed according to your wishes. Ideally, an executor should combine the tact of a diplomat with the administrative skills of an executive.

If you die without a will (intestate), the court will appoint an administrator to perform the executor's duties. When no relative or beneficiary is able to take the job, the appointee could be a civil servant or even a creditor.

Almost any person you trust can be your executor. For most people, the best choice is a spouse or a child. Large estates may require two executors — a personal representative to interpret your wishes and a professional representative or institution, such as a bank, to make business or financial management decisions, pay taxes and keep records. The person should also be close enough to you and your family to do as you would wish, yet be able to act without being swayed by emotions if conflict arises between family members.

An executor's job is to "wrap up" your financial affairs. The executor must identify and determine the value of the assets that are part of your estate. It may be necessary to liquidate assets or sell real estate in order to carry out your wishes. During this time, the executor may have to pay ongoing bills (such as mortgage payments or utilities) in order to



preserve the assets. An executor is also responsible for paying all your remaining debts, filing your final personal tax returns and distributing whatever remains to your heirs. Throughout this process, careful records must be kept. Most probate courts will demand a full and detailed accounting of all money received, spent or held by your estate. Throughout the process, the executor must keep the heirs and family members informed of the status of the estate.

When choosing an executor, objectivity is essential in order to make the proper decision. Be sure whomever you select is willing to accept the responsibility. In addition, it is also wise to choose an alternate executor to serve in the event your initial executor is unable to do so. If you have not yet selected your executor, consider choosing one now to eliminate any potential complications in the event of an untimely death. ■

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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Jordan George and Marketa Oliver at the reception for Jerry Sullivan on Oct. 14.



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Matt Klein and Dennis McDaniel at the reception for Jerry Sullivan on Oct. 14.



Jeff Fiegenschuh and Kris Gregerson at the reception for Jerry Sullivan on Oct. 14.



Flo Hunter and Angela Connolly at the reception for Jerry Sullivan on Oct. 14.



David Jenison and Mike Glover at the Windsor Heights candidate forum on Oct. 21.



Phyllis Ryan, Sarah Boots and Dean Boots at the Windsor Heights candidate forum on Oct. 21.



Will Canine and Helen Canine at the Windsor Heights candidate forum on Oct. 21.

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Pat Blaskovich and Steve Peterson at the Windsor Heights candidate forum on Oct. 21.



Kyra Cooper, Aaron Cooper and Helen Drake at the Windsor Heights candidate forum on Oct. 21.



David Swartz and Lorin Knapp at the Windsor Heights candidate forum on Oct. 21.



Pat McGill and Sara Walker at the Windsor Heights candidate forum on Oct. 21.



Tony Timm and Craig Calhoun at the Windsor Heights candidate forum on Oct. 21.



Tom Clark and Vicki Sodawasser at the Windsor Heights candidate forum on Oct. 21.



Hope Wood and Leng Vong Reiff at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Dave Furneaux and Matt Cale at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Jon Ulrich at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.

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# Gratitude one-upped

Team milestones raise the collective spirit

By Sherry Borzo, executive director, Windsor Heights Chamber of Commerce

One of my favorite things about this time of year is the reminder to focus on our gratitude list. Nothing increases our sense of well being more than taking an inventory of those people and events that have supported and encouraged us on our journey. But a gratitude list that is shared by a team — milestones reached with others — that's a gratitude list that raises the collective spirit.

One of the team gratitude lists I share is with our Windsor Heights Chamber. We've enjoyed some great successes this year.

- We appreciate our membership base — those who have joined for the first time and our ongoing loyal and valued business members.

- The strong leaders and community-minded individuals who have served and continue to serve on our board.

- The launch and growth of our Young Professionals group, WHYPRO, which has brought leaders and volunteers to the forefront in our community.

- The launch and growth of our dynamic business brainstorming group, Do Business Windsor Heights.

- The well-attended Chamber luncheons

- The well-attended political forums that the Windsor Heights Chamber sponsored.

- The banner golf outing for 2013 with almost 100 participants.

- Our first buy local expo, "Shop Where You Roost" and all those who supported and participated in the event.

- The amazing 150-plus submissions of children's art for our first sponsored art contest "What Do You Want To Be When You Grow Up?" featured at the Shop Where You Roost Expo

- The continued enthusiasm and support from volunteers and city leaders that support the Chamber

- All the volunteers and contributions of our area businesses.

It's a terrific tally, none of which would be possible without the people and the businesses of our great community, so it is a list of gratitude shared exponentially with all of those who live and work in Windsor Heights.

Next up: Check out all the upcoming events for the remainder of 2013 at our website: [windsorheightschamber.com](http://windsorheightschamber.com). We have luncheons, networking and business collaboration opportunities and a chance to meet with leaders in our community. ■



David Swartz and George Hanusa at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Sheryl VanHouten, Bud VanHouten, Melissa Garton and Jeff Garton at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Chloe Smith and Maddie Smith at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Jason Carlson and Allison Carlson at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Diana Willits at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Kris Gregerson and Dave Moench at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Marcella Garton and Vanessa Garton at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.



Joseph Holbrook and Greg Saxton at the Shop Where You Roost at Windsor Heights Community Center on Nov. 7.

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Yard signs, a political mailing and a fundraising invitation advocating the election of Diana Willits were distributed without the proper attribution statement as required by Iowa law. The committee, Citizens for Diana Willits, has now been registered with the Iowa Ethics and Campaign Disclosure Board.

Yard signs and a political mailing advocating the election of Steve Peterson were distributed without the proper attribution statement as required by Iowa law. The committee, Steve Peterson for City Council, has now been registered with the Iowa Ethics and Campaign Disclosure Board.

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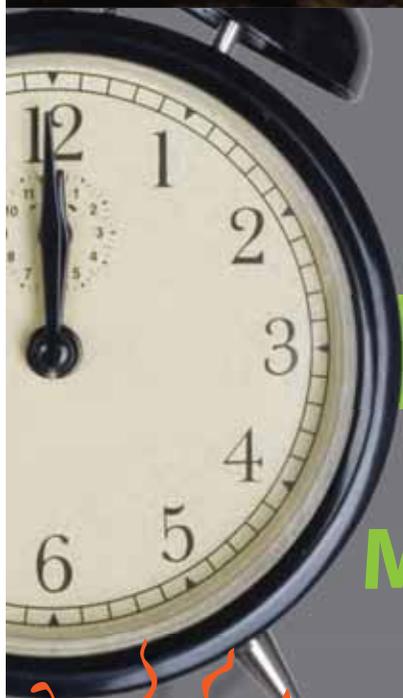
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