

# Windsor Heights Living

february 2014

50324

magazine

## Toy stories

WINDSOR HEIGHTS RESIDENTS  
SHOW US THEIR CHERISHED  
CHILDHOOD TOYS

**FAUX POTATO SOUP  
RECIPE**

**MEET RONDA MCCARTHY  
EDUCATION**

**REMEMBERING COLBY ACRES  
WHERE WE LIVE**



PRRST STD  
ECRWSS  
U.S. POSTAGE  
PAID  
BIG GREEN UMBRELLA  
POSTAL CUSTOMER  
BIG GREEN UMBRELLA  
5619 N.W. 86th St., # 600  
Johnston, Iowa 50131

# VINTAGE COOPERATIVES

own your share. share your story.



Over 90 senior housing cooperatives have been developed in the Upper Midwest, and the concept is expanding into Central Iowa. Proposed for Beavertdale, Vintage Park Cooperative is more than just a building, offering a lifestyle that is unique among alternative housing options. Why has the cooperative form of ownership become the choice of those 55 and above? Because independent seniors have discovered the many benefits of the cooperative lifestyle.

## Vintage Park Cooperative of Beavertdale

INFORMATION CENTER NOW OPEN

3615 Beaver Avenue  
Des Moines, Iowa

(Located south of Casey's on the corner of Beaver and Douglas)

Call today to discover the many advantages of cooperative living. Contact Shona or Julie at

**(515) 279-1000 or (515) 729-2667**

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

## EXQUISITE NEW SHOWROOM

Features Design Choices Available in a Vintage Cooperative Home

- See firsthand a sampling of interior finishes, including cabinetry, appliances, flooring, backsplashes, countertops and more
- View a display of available, thoughtfully designed floor plans
- Visit with Vintage Cooperative specialists to learn more about the lifestyle and project
- Don't delay—early buyers get to personalize their homes



Ewing Development • 909 West 16th, Pella IA 50219 • (641) 628.0073 • [www.ewingdevelopment.com](http://www.ewingdevelopment.com)

Committed to building housing for seniors that is thoughtfully designed, keeping the needs of seniors at the forefront of each development. Our goal is to create a supportive, interdependent living environment that cultivates an active, participatory lifestyle, promotes health and nurtures the spirit of each individual.



# Let the memories roll

Wrapped in a package underneath our Christmas tree in 1973 was my hero, Evel Knievel, or at least an action figure that kind of looked like him, dressed in his signature American flag-adorned white jumpsuit. A removable plastic helmet covered his flowing vinyl hair, and the look on Evel's face was as stern as anyone who would try to jump the Snake River Canyon, or in my case, down our basement steps. And, ironically, each Evel Knievel figure was also equipped with a cane.

The bendable Evel Knievel figure was quite slender and only 6" tall. He was a dwarf in comparison to G.I. Joe, Big Jim or Johnny West, but he had something those guys never did — a motorcycle. And not just any motorcycle, mind you, this doll (I use that term lightly) came with a daredevil stunt cycle with rubber tires that could absorb all the shock I could muster up. But what really made the cycle special was the red, wind-up energizer that would shoot it out at a seemingly blazing speed to gear up for the stunts.

The real-life Evel Knievel attempted more than 75 ramp-to-ramp jumps; mine did hundreds in our driveway alone. The real-life Evel suffered more than 433 broken bones, but there wasn't a single blemish in my guy. The real-life Evel had a fleet of vehicles. I had the Evel Knievel Scramble Van, complete with jump ramp, cycle jack, cycle trailer, workbench and tools. The real-life Evel died in 2007 at age 69. Mine remains in an unknown area, disappearing sometime in the 1980s.

But, for a few hundred bucks and an online order, these memories can all be fully restored, proving that, regardless of age, a boy never really has to stop being a kid.

Thanks for reading. ■



Shane Goodman  
Publisher

P.S. Would you like to write for Iowa Living magazines? If so, please contact our editor, Darren Tromblay, at darren@dmcityview.com.



**Shane Goodman**  
Publisher  
515-953-4822, ext. 305  
shane@dmcityview.com



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



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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SERIOUS ABOUT AN ACTIVE, HEALTHY LIFESTYLE? Y WAIT? JOIN THE Y TODAY!

**A healthier lifestyle doesn't magically happen. It takes commitment, a plan and professional help.**

That's where the Walnut Creek Family YMCA can help. Our great facilities, equipment and trained staff are dedicated to helping you succeed. If you and your family are serious about an active, healthier lifestyle, Y wait?



**COMING IN 2015  
WELLMARK YMCA  
in Downtown Des Moines**

- FREE WELLNESS COACHING
- FREE CHILD WATCH
- FREE GROUP FITNESS AND CYCLING CLASSES
- REDUCED RATES ON PROGRAMS INCLUDING YOUTH SPORTS, SWIM LESSONS AND SUMMER DAY CAMP
- WATER EXERCISE CLASSES
- LAP SWIMMING POOL
- MEMBERSHIP GOOD AT YMCAs THROUGHOUT THE DES MOINES METRO AREA
- MEMBERSHIP RATES BASED ON HOUSEHOLD INCOME
- FINANCIAL ASSISTANCE AVAILABLE

**Walnut Creek Family YMCA**  
948 73rd St., Windsor Heights  
Phone: (515) 224-1888

FOLLOW US



MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

106-6084

[www.dmyca.org](http://www.dmyca.org)

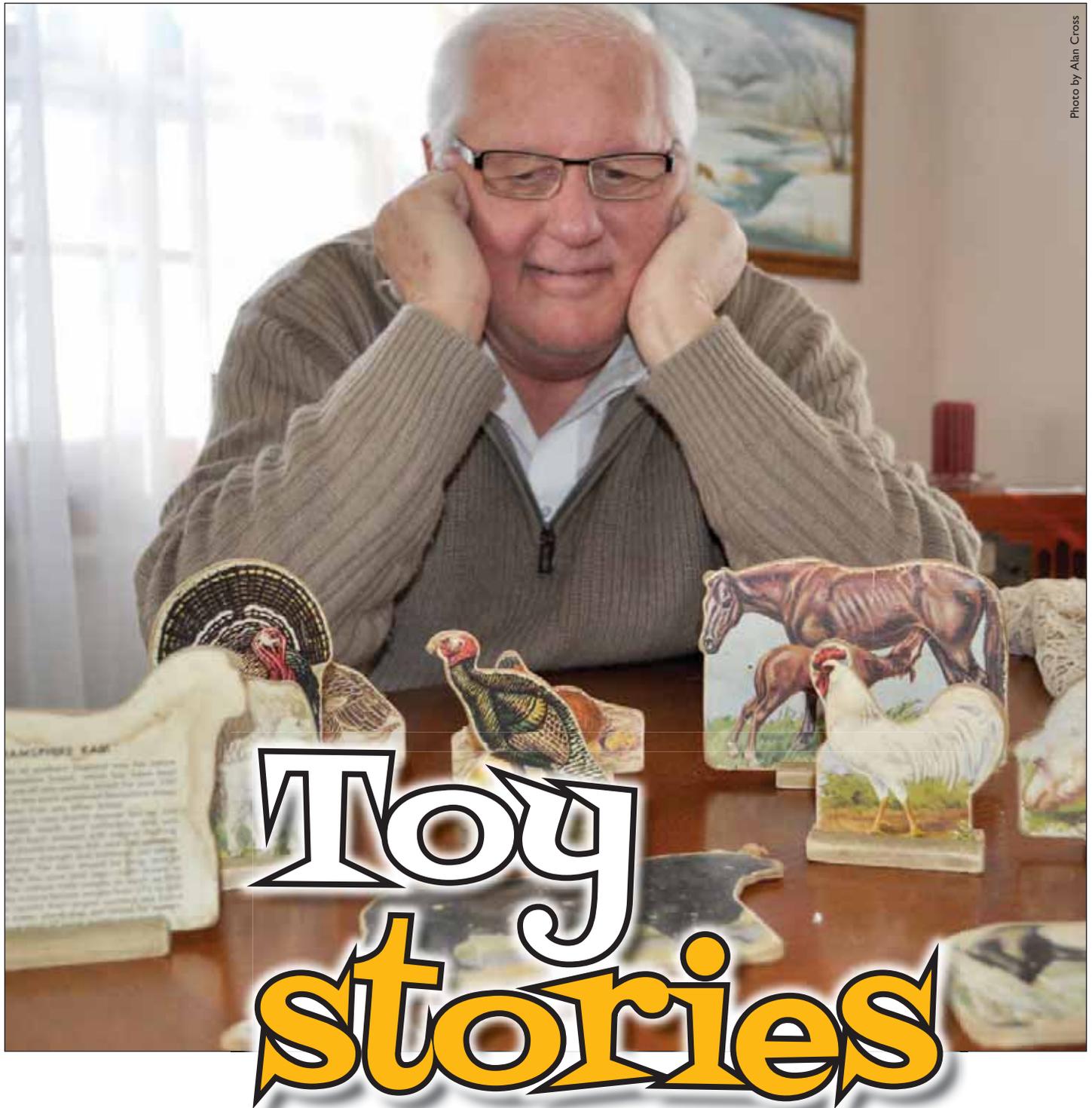


Photo by Alan Cross

# Toy stories

## WINDSOR HEIGHTS RESIDENTS AND THEIR CHERISHED CHILDHOOD TOYS

By Alan Cross

Like most kids, Windsor Heights resident Darryl Ahnemann played with a lot of different toys during his childhood.

The toys he played with were a reflection of the era he lived in, from the way his parents made a living and what they did as a family to have fun. Ahnemann

kept most of the toys that helped shaped him into the person he is today.

"I don't recall ever pestering my folks for a certain toy to play with or anything like that," says Ahnemann. "I was just grateful for anything I was given."

He was born on Dec. 9, 1941 — just two days

*Above: Darryl Ahnemann looks at his paper cutout farm animals he used to play with as a young child. Most of Ahnemann's early toys were made out of paper and wood because metal had to be saved due to World War II.*

after Japan had bombed Pearl Harbor, dragging the United States into World War II. The war would last until 1945.

Those four years of war had an impact of the kinds of toys Ahnemann played with as a child.

"All my toys were made out of paper or wood," says Ahnemann. "That's because all the metal had to be saved for the war efforts."

Building blocks were the norm then, and wooden blocks were a great way to improve a developing child's finger strength and hand-eye coordination. Each of the blocks had a letter of the alphabet on it, so a child could also learn how to spell and read while having fun with them.

"I would spend hours playing with those blocks," says Ahnemann.

Another set of toys from the war era were wooden stand-up paper litho farm animals.

"One side of the stand-up was a painting or a photo of an animal — like a cow, for instance — which was cut out and put on a wooden stand so it can stand on its own," says Ahnemann. "On the other side it had the name of the animal and what its characteristics were."

For example, one side of a stand-up cutout Ahnemann kept looks like an ordinary sheep. But when turned around to the other side, writ-



Wooden blocks were popular when Darryl Ahnemann was a young boy.

ing on the paper says it's actually a hampshire ram because it "appears low-set and compact with width, depth and uniformity" and that "the ears should be of the same color as nose and legs." Ahnemann kept a dozen or so of these.

"I was a farm boy, so these cutout animals were really fun to play with," says Ahnemann.

And because he grew up on a farm, his toys, as he got older, reflected that.

"By the time I was 10 or so, toys were starting to be made out of metal again," says Ahnemann. "So I got toy tractors with discs and plows to hook on to them so I could pretend to farm."

Ahnemann and a neighbor friend would spend hours at one particular spot near the end of the driveway leading to his house.

"That spot was where the best sandy loam soil was other than what was in the fields," says Ahnemann. "It was perfect for making rows with the plow and such."

Two of the toy tractors Ahnemann kept were modeled after the same tractors his father used in the field.

"I have a John Deere A and a John Deere 60," says Ahnemann. "Neither one of them is completely intact, but I have kept most of the pieces together. I would love to someday get them put back completely together."

"I don't want them completely refurbished, however. I don't care if the paint on them is chipped or coming off. Toys like these were meant to be played with, so I don't mind that they show signs of wear and tear."

Ahnemann also kept a set of tin dishes he received as a young boy. His older sister had a

## Bankers Trust New 36-month Anniversary CD



# 1.10%

Interest Rate & APY

On each of the first two anniversary dates, Bankers Trust will automatically choose the interest rate which is the higher of either the existing interest rate or the highest like-term promotional interest rate the Bank offers, and apply it for the term remaining on your certificate.

**You must have a Primary Checking\* account at Bankers Trust to take advantage of this offer.**

Bankers Trust Windsor Heights Branch  
7000 University Ave., Windsor Heights, IA 50324

**(515) 271-1000 • BankersTrust.com**

Minimum balance to obtain annual percentage yield (APY) is \$1,000. Minimum balance for minors to obtain the APY is \$500. Minimum balance for IRAs to obtain APY is \$200. APY disclosed is based on the initial interest rate. Interest rate and APY may change on each anniversary date of the Certificates of Deposit's (CD's) issue date. Interest rate and APY are effective from February 1 through April 30, 2014. Penalty will be imposed for early withdrawal. Fees may reduce earnings. Available only for Consumer customers holding accounts for personal, family or household purposes. Not valid in combination with other promotional offers. Interest rate will not automatically apply to CDs that are automatically renewing during this promotion.

\*A Primary Checking account means the account in which you routinely deposit the majority of your income or benefits from any source and against which you routinely authorize payment of the majority of your expenses each calendar month.

**Bankers  
Trust**<sup>®</sup>

Member FDIC



set of dishes that he would play with every once in a while, says Ahnemann.

"The trouble was those dishes were made out of glass," he says. "At some point my parents got me the tin dishes so I would stay out of my sister's set."

The tin dishes included plates, forks, teacups and a tea kettle among other things.

"My dad even built me a small oak table to put my dishes on," says Ahnemann. "I still have that table as well."

Ahnemann has also kept things like a mechanical, wind-up race car, a car so fast "that it would leave black marks on the wood floor," he says.

His mother is to thank for saving all the toys his brothers and sisters played with. When it came time to divide the toys among the remaining family members, Ahnemann says he and his brother devised a simple plan.

"He said to me, 'I will take a good one, and then you take a good one. Then I will take a bad one, and you take a bad one.' We did this until all the toys were gone," he says.

Included in the one of the "good" toys Ahnemann was able to get was the erector set his father had purchased for his sons.

"The erector set was a big deal back then," he says. "Again, it was metal, and you could actually build something with it instead of pretend building."

Ahnemann, with his boxes full of childhood toys, doesn't have a favorite in the bunch. They are all special to him, he says, and each has special memories attached to it.

"That is something I cannot figure out about people who collect toys and don't open the box to play with them," he admits. "Toys are meant to be played with. There were not meant to be bought, never taken out and then on a shelf collecting dust."

### "Gundam" style

Kevin Meredith of Windsor Heights has been a baseball and card game collector most of his young life.

Meredith says he has thousands of "Star Wars" cards to go along with some Pokemon cards and others that he has been collecting since high school.

It wasn't until he went to college at Indian Hills that he became interested in another collectible item — Gundam models and action figures.

"I grew up in a very small town, and we didn't have cable (television)," says Meredith. "When I was in college, I began watching the Gundam series on the Cartoon Network. That's when I started buying, building and collecting the action figure models from the show."

Gundam is a metaseries of space opera animation created by Sunrise Studios in Japan



Photo by Alan Cross

*Not only does Kevin Meredith have several Gundam model/action figures, he also has a big collection of "Star Wars" items and baseball cards, including Ken Griffey Jr. rookie cards.*

that features giant robots (or "mecha") called "Mobile Suits."

Meredith graduated from Indian Hills in 2002 and since that time has collected 25 of the Gundam figures, including the one called "The Burning Gundam."

"They are really more like models," says Meredith. "You have to put them together first, and they're sort of like action figures where you can move and pose them any way you want."

His other collections, however, make his Gundam set seem pretty small in comparison. Besides his "Star Wars" card collection, Meredith has drinking glasses and other accessories related to the movie.

"My grandma even bought me a phone in the shape of Darth Vader's head," he says.

Meredith keeps almost all of his collection in his room in a house he shares with two other roommates. His bookcase is full of Gundam action figures, cards and reference books on collectibles.

"As you can see, I don't have a lot of space to keep my stuff," he says. "I have some things that spill out in the living area, but all my col-

lectibles are in my room."

Meredith has several Ken Griffey Jr. rookie baseball cards in his collection. He also has a Ted Williams baseball card that could be worth a lot of money.

"I was at a garage sale and bought it for a dollar," he says. "It looked to me like it had been autographed at one time, but the writing is faded."

Meredith took the Ted Williams card to a shop in Des Moines, and the opinion was that it was indeed real. It's that card, and his Ken Griffey Jr. rookie cards, that he will always keep, Meredith says.

"I don't care how much they tell me those cards are worth," he says. "They are a permanent part of my collection."

Meredith says he plans on adding to his Gundam collection.

"On a scale of one to 10 of being a collector, I was a 10," he says of his former days as a Gundam collector. "Now I am probably more a 7 because I have bills and rent to pay now. Those things come first; my collection comes second." ■

# Make heart health a priority

Take the right steps in your golden years

By Susan Ray, executive director, The Reserve

When we think about the month of February, we turn to those we love. This month more than any other we show those we love our feelings through candlelight dinners, flowers and chocolates. Not only is it the month in which we celebrate love and romance, it's also American Heart Month. Unfortunately, many of us give the hearts in our Valentine's Day cards more thought than we do the heart in our bodies.

Reflect about your own heart — are you giving your heart the attention it deserves? Taking steps to maintain a healthy heart at any age is important, but as you continue into your golden years, heart health is even more important. Heart disease is responsible for more deaths in the United States than anything else. A new report from the Centers for Disease Control and Prevention indicates at least 200,000 deaths each year from cardiovascular disease could be prevented.

## Keep your heart healthy — tips for seniors

Your heart, being the most valuable organ, should be top priority throughout your life. Eat a well-balanced diet each day. We get bombarded with information from the media about what to eat and what not to eat. Many times this information can be conflicting. The American Heart Association suggests eating a variety of nutritious foods such as vegetables, fruits, unrefined whole grains and fish. Cut back on nutrient-lacking foods that are high in fat, cholesterol and salt. Stick to the basics when choosing what to eat.



- **Keep moving.** A 30-minute walk a day helps to keep your heart in good shape. If 30 minutes seems too difficult, start small — two 15-minute brisk walks a day will bring you up to the total minutes desired. Stay active.

- **Absolutely do not smoke.** Smoking or using tobacco is one of the biggest risk factors in developing heart disease. According to the CDC, smoking increases your risk of stroke and heart disease by up to four times.

- **Maintain a healthy weight.** Extra pounds around your middle can lead to high blood pressure, high cholesterol and diabetes — all conditions that increase your chances of heart disease.

- **Visit your doctor routinely for regular health screenings.** If you have already been diagnosed with high cholesterol or high blood pressure, your heart may be gradually being damaged as you read this. If you don't know whether you have these conditions, the damage can occur without you having any idea. Work with your doctor to get a handle on your heart health and to lower potential risk factors.

Heart health and wellness — make good choices. You'll be glad you did. ■

Information provided by Susan Ray, executive director, The Reserve on Walnut Creek, 2727 82nd Place, Urbandale, 515-727-5927, [reserveonwalnutcreek.com](http://reserveonwalnutcreek.com).

Your home.  
Your Community.



The Reserve  
URBANDALE



**Schedule Your Private Tour Today!**  
**Call 727.5927**

2727 82nd Place  
Urbandale, Iowa  
**515.727.5927**



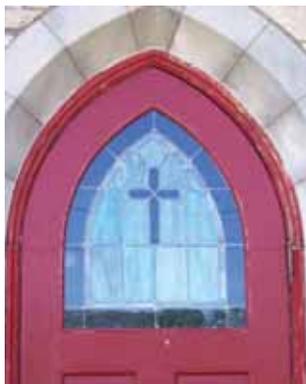
[www.reserveonwalnutcreek.com](http://www.reserveonwalnutcreek.com)

## Friday, Feb. 21

- No School - WDMPS
- State Wrestling Tournament
- RHS 9/10/V Boys Basketball at Ames, 4:45/6/7:45 p.m.
- VHS 9/10/V Boys Basketball vs. DM North, 4:45/6:15/7:45 p.m.

## Saturday, Feb. 22

- State Wrestling Tournament
- V Girls Basketball Regionals
- Stilwell Mime Show, 7 p.m., ST Auditorium.



## Wednesday, Feb. 26

- 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 and Zoning Meeting, 4:30 p.m., City Hall.
- VHS Spring Play Auditions, 3:30 p.m.



## Thursday, Feb. 27

- Greater Des Moines Garden Club Meeting, Sandra Gossman, Floral Design Judge from Ames will demonstrate and discuss designing with dried material, 1 p.m., Westminster Presbyterian Church.
- VHS 8 Boys Basketball at Marshalltown, 4:30 p.m.

## Friday, Feb. 28

- V Boys Basketball Substate Tournament
- VHS International Night, 5-8 p.m., High School.

## Monday, March 3

- City Council Meeting, 6 p.m., City Hall.
- V Girls State Basketball Tournament
- VHS Parent-Teacher Conferences, 4-10 p.m., High School.

- VHS College Planning Night, 5-7:30 p.m.
- VHS Drama Booster Club Meeting, 7 p.m.

## Tuesday, March 4

- Mardi Gras
- RHS V Girls Track at Wartburg College, 3 p.m.
- V Boys Basketball Substate Tournament
- VHS V Boys Track at Wartburg College, 3 p.m.
- VHS V Girls Track at University of Iowa, 5 p.m.
- VHS Bank Think Spring Concert, 7 p.m.



## Wednesday, March 5

- Ash Wednesday
- 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.
- V Girls State Basketball Tournament
- VHS Parent-Teacher Conferences, 4-10 p.m., High School.

## Thursday, March 6

- RHS V Boys Track at Wartburg College, 5 p.m.
- RHS Spring Show, 7:30 p.m., Auditorium.

- VSW Band Concert, 7 p.m., VSW Forum.

## Friday, March 7

- RHS Spring Show, 7:30 p.m., Auditorium.
- V Girls State Basketball Tournament
- VHS Parent-Teacher Conferences, 4-10 p.m., High School.
- VHS Spring Play, 7 p.m., IH Auditorium.

## Saturday, March 8

- RHS Spring Show, 7:30 p.m., Auditorium.
- V Girls State Basketball Tournament
- VHS Spring Play, 7 p.m., IH Auditorium.



## Monday, Feb. 24

- V Boys Basketball Substate Tournament
- VHS 8 Boys Basketball at Ames, 4:30 p.m.
- WDMPS Board Meeting, 7 p.m.

## Tuesday, Feb. 25

- Sustainable Living Spring Educational Series, free, ft. Leslie Berckes and her role at Trees Forever, register at 515-645-6826, 6 p.m., Community and Events Center- Colby Park.
- State Bowling Tournament
- V Girls Basketball Regionals
- VHS Spring Play Auditions, 3:30 p.m.
- VHS 8C3/C4 Boys Basketball vs. Ankeny Centennial, 4:30 p.m.
- VHS 8A-C2 Boys Basketball at Ankeny Centennial, 4:30 p.m.

## Sunday, March 9

- Daylight Saving Time begins

## Monday, March 10

- RHS V Girls Track at UNI, 3 p.m.
- WDMPS Board Meeting, 7 p.m.
- VHS V Girls Track at Iowa State University, 4 p.m.

## Tuesday, March 11

- RHS V Boys Track at UNI, TBD.
- VHS V Boys Track at Iowa State

University, 4 p.m.

## Wednesday, March 12

- 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.
- RHS Parent-Teacher Conferences, 4-8 p.m., High School.
- V Boys State Basketball Tournament

## Friday, March 14

- No School- WDMPS
- No School- DMPS



## Monday, March 17

- St. Patrick's Day
- No School - WDMPS
- No School - DMPS
- City Council Meeting, 6 p.m., City Hall.
- RHS V Girls Track at Iowa State University, 4 p.m.

## Tuesday, March 18

- No School - WDMPS

- No School - DMPS
- RHS V Boys Track at Iowa State University, 4 p.m.

## Wednesday, March 19

- No School - WDMPS
- No School - DMPS
- 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, March 20

- First Day of Spring
- No School- WDMPS
- No School- DMPS
- WHYPro Social, 5:30 p.m.

## Friday, March 21

- No School - WDMPS
- No School - DMPS
- RHS V Boys Track at Central College, TBD.



Pastor Chris Olkiewicz has been at Windsor Heights Lutheran Church since December 2010.

# Continual journey

Faith may collapse, and we rebuild it again

By Lalonie Bowen

When you think of faith, you immediately identify that term with religion and church. Pastor Chris Olkiewicz has been the lead pastor at Windsor Heights Lutheran Church since December of 2010, and he describes faith as continual journey.

"Faith may collapse in ruin, and you have to figure out how to put it back together again," Olkiewicz says. "As a Christian, in Jesus, we see God on the cross inhabiting the shape of agonizing pain and suffering. Trust is that divine promise that God is at work in our lives. We see the brokenness of life and the human life is in need of healing restoration by the power of God."

A quote from St. Augustin says, "Our hearts are restless, oh God, until they find their rest in you." We are always reaching for something beyond ourselves, always restless, seeking to grow in our relationship with God and our relationship with others.

The happenings at Windsor Heights Lutheran are as follows: Lent begins this year with Ash Wednesday on March 5. Before declaring the Lenten fast, the congregation blows out all the stops

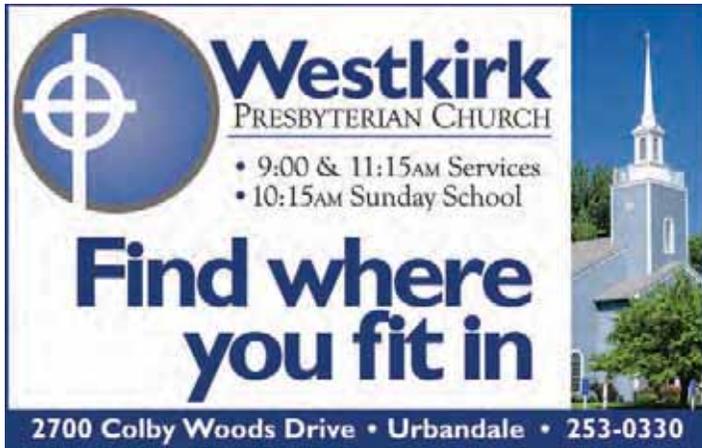
with a Mardi Gras-style service on March 2 led by their brass band. It will be a grand celebration before beginning the quieter season of Lent.

The Rev. Sarai Rice, executive director of the Des Moines Area Religious Council, will be guest preacher for the weekend. Rice will discuss the work of DMARC, an organization that impacts the lives of many in their community in various ways, including the food pantry program. Grocery carts are always present in the church to receive food donations for the Windsor Heights/Urbandale Food Pantry.

The Rev. Rice will also share about DMARC's \$1.3 million capital campaign for its move to a new location at 1435 Mulberry. The centerpiece of this construction and renovation project is a new warehouse and distribution facility that will significantly enhance DMARC's ability to move the food from generous donors onto the tables of our hungry neighbors. A special offering taken on March 1-2 and at Wednesday services throughout Lent will go to the DMARC capital campaign. Donations of food items are encouraged as well. ■



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



**Westkirk**  
PRESBYTERIAN CHURCH

- 9:00 & 11:15AM Services
- 10:15AM Sunday School

**Find where you fit in**

2700 Colby Woods Drive • Urbandale • 253-0330

Looking for more **Living?**



Now you can access news and information from all of our 24 Iowa Living magazines at one convenient site —

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

- more photos.
- more news.
- more events.
- more of everything



**Providing Insurance and Financial Services**



**State Farm**

**Matt Cale**  
Agent

Like a good neighbor, State Farm is there.®  
6733 University Ave. • Windsor Heights  
280-9000 • [www.mattcale.com](http://www.mattcale.com)

insurance

By Matt Cale

# Maintaining your home for spring

Warmer weather is on the way

By Matt Cale, State Farm agent

Have a qualified HVAC contractor come out to give your air conditioning system a tune-up. Do this every year to ensure the system is running at its manufacturer-rated efficiency. Make sure to inspect your system's drain hose. This hose could become clogged with algae and sediment. Avoid extra cost by checking the hose periodically yourself.



## Roofs and gutters

The summer sun can damage a roof's shingles; call a contractor if you haven't inspected your roof in several years. Clean out the leaves and other debris that has collected in the gutters. Then check to see if the gutters are safely attached and haven't sprung any leaks.

## Ready the soil

Spring is the season to prepare for new growth in your garden. Rake beds of leaves and other leftover winter debris. Use a hoe to churn and loosen the soil, and mix in compost for nutrients.

## Inside

### The water heater

Look around the base of your water heater for evidence of leaks. The average lifespan of a water heater is eight to 12 years. If water leakage or rust is found, the water heater should be replaced.

### Basement and attic

If you have an attic, check it for leaks from the roof. Inspect the underside of the roof and the insulation closely for any discoloration, deterioration or dirt stains, as the leaking water might have dried up.

Check the basement walls, floor and trim for water stains or any signs of seepage through the foundation. While you're down there, keep a close eye on your sump pump, making sure it is still in good working order and has a battery backup in place. ■

## Right the foundation

Inspect the foundation around your house. Look for cracks or imperfections and seal them. Also look for low areas in the yard near the foundation that might pool water. Level these yard depressions by filling them with compacted soil. Tend to any other "ponding" areas around the yard; these areas can be a breeding ground for mosquitoes.

## The deck

If you have a patio deck, inspect the wood for stains, discolorations or warping. If you find any, consider resealing the deck. Check for any sharp edges, splintered or rotting wood. Also look for rusting nails or any nails that are coming out. And be sure to check the railings and stairs to make sure they are secure and not wobbly.

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



# FEBRUARY 2014 City of Windsor Heights

1133 66th Street • Windsor Heights, IA 50324  
515.279.3662

[www.windsorheights.org](http://www.windsorheights.org)

## THE CITY IS MOVING FORWARD

I can't believe it's been a full year since I began my duties as your City Administrator. In the past year, our City has seen some great accomplishments with exciting new projects to come. I first want to congratulate our new Mayor Diana Willits on her election along with Betty Glover, Steve Peterson and Tony Timm on their elections to the City Council. We have a great team moving forward. I would be remiss if I did not thank former Council Member David Jenison for his four years of service on the City Council. Dave was a voice of reason and always listened to both sides of every issue. Dave, you will be missed.

Last May, the City Council met for a goal setting session, out of which came two priorities: funding a street paving program and working to develop the City owned property at 63rd and Hickman. I am happy to say both projects are now moving forward. This January, the City Council voted to issue \$3 million in general obligation bonds to fund a 4.1-mile street resurfacing and reconstruction project. This is the first major street project in over 20 years and a great starting point for the Council's plans to fund a major repaving program every two to five years.

The other major accomplishment is the sale of the 7.5 acres located at 63rd and Hickman to Hurd Properties. The sale of the property is opening the door for major development projects to move into our community. Mayor Willits and our staff will continue working with Hurd Properties to bring responsible and sustainable development to Windsor Heights that will increase property values and overall quality of life.

As always, feel free to call me at 645-6808 or drop me an email at [jfiegeschuh@windsorheights.org](mailto:jfiegeschuh@windsorheights.org) if you have any questions or concerns.

Sincerely,  
Jeffrey A. Fiegeschuh, ICMA-CM  
City Administrator

## TRAFFIC SAFETY CAMERA UPDATE

### DECEMBER 2013

Speeding Citations Issued.....	405
Speeding Citations YTD.....	5,434
Speeding Trend Over Last Month – DECREASE.....	0.29mph
Speeding Citations – Previous Month – INCREASE.....	33%
Cited Drivers Average Speed Over Limit.....	13.64mph

## JOIN THE WALNUT CREEK YMCA TODAY!

If you are interested in what the Y has to offer, stop in for a tour and information. If you join the Y before February 28, we will waive the \$50 joining fee for you! Come join us and make a difference in your life and the lives of others! The Walnut Creek YMCA has been the gathering place for the community to grow together and work out. But there is so much more to our Y than one might think. From partnering with the West Des Moines School District to deliver a quality intramurals program and starting a Girl's On The Run team at 10 schools, to teaching kids how to swim and providing a safe place for them to grow and play at our summer day camp, the Y is changing the lives of people who enter our programs. We believe everyone is capable of changing their lives and their community so the doors of the Walnut Creek Family YMCA are open to all – no matter whom they are or where they come from. In order to make this happen, we rely on the philanthropic support of our staff, volunteers, members, and people like you! This year Walnut Creek's goal is \$130,000 and every little bit will help us get there! If you are interested in supporting our cause, give us a call at 224-1888.

## MAYOR & ADMINISTRATOR 10/60 MEETINGS

Due to the overwhelming success of the first official Mayor/Administrator 10/60 meeting, Mayor Diana Willits has decided to make these meetings a regular monthly event. The events are free and open to the public. Those who attend will have the opportunity to ask their mayor and administrator any ten questions they want for 60 minutes. The meetings will be held the third Thursday of the month from 6:00pm-7:00pm.

## DART ROUTE AND SCHEDULE

### CHANGES EFFECTIVE FEBRUARY 23

Schedule times will be adjusted beginning Sunday, February 23, on Local Routes 3, 6, 7, 14, 16, 51 and 52; on Express Routes 98 and 99; and on the Grimes/NW Johnston On Call Route to better serve DART customers.

### DART HOW TO RIDE TRAINING ON MARCH 18

DART staff provides small group training to help individuals learn to ride the bus in Greater Des Moines. Training demonstrates how to plan a trip, read maps and schedules, recognize bus stops, pay fares, practice rider safety and more. How to Ride Training sessions are free and open to the public. Join us for the next session at DART Central Station (620 Cherry Street, Des Moines) on Tuesday, March 18 from 2 to 4:30 p.m.

## UPCOMING MEETING

The next Planning & Zoning Meeting is February 26, 2014 at 4:30pm in the City Hall Chambers.

## CHILI COOK-OFF

Thursday, March 27, 2014, 5–8pm. Community & Events Center. Visit [www.windsorheightschamber.com](http://www.windsorheightschamber.com) for more info!

## WINDSOR HEIGHTS OFFERS SUSTAINABLE LIVING SPRING EDUCATIONAL SERIES

This will be the third year for the Sustainable Living Spring educational series at the Community and Events Center in Windsor Heights' Colby Park: 6900 School Street. As always, the educational presentations will be free of charge to attend and open to the public. Cookies and punch will be provided! The City would prefer for attendees to register for the event with Sheena Danzer at [sdanzer@windsorheights.org](mailto:sdanzer@windsorheights.org) or 515-645-6826.

Walk-ins are also welcome. A notice will be posted on the City's website if the event would need to be cancelled or re-scheduled due to weather conditions. Please visit

[www.windsorheights.org](http://www.windsorheights.org) for more information!

*Tuesday, February 25 – Trees Forever,*

*Leslie Berckes*

*Tuesday, April 22 – Debris Management in WH,*

*PW Director, Jason VanAusdall*

*Tuesday, March 25 – Iowa Urban Conservationist,*

*Jennifer Welch*

*Tuesday, May 27 – Make Your Own Rain Barrel,*

*Darren Fife*

DIANA WILLITS, MAYOR • STEVE PETERSON, COUNCIL MEMBER • CHARLENE BUTZ, COUNCIL MEMBER  
BETTY GLOVER, COUNCIL MEMBER • DAVE BURGESS, COUNCIL MEMBER • TONY TIMM, COUNCIL MEMBER

# Faux potato soup

Cauliflower makes this winter favorite healthy

By Jan Allen

Here is a warm, creamy, healthy soup recipe for you to try this month.

My husband and I have been changing our way of eating to a much healthier diet. As I mentioned a few months ago, we have stopped eating wheat, potatoes and rice to limit blood sugar spikes as he is diabetic and I have had high cholesterol. A lower glycemic diet has been very helpful in controlling both of these issues, and I love being able to make some of our favorites in a different way that allows us to enjoy yummy, “good-for-us” food.

My mom was a wonderful cook, and her potato soup was something I enjoyed very much. It is one of those comfort foods that just hits the spot on a cold, blustery Iowa winter’s night. I had missed being able to make and enjoy this particular soup — until now. Some of you may remember the recipe for cauliflower crust pizza I submitted a few months ago. You may think I am redundant using cauliflower again, but it is one of those super foods that is very versatile and can be adapted in so many ways. I love this soup. I challenge you to try it once; my guess is you will love it, too, and you won’t have to worry about those blood sugar spikes.

It calls for nutritional yeast, possibly something most of you won’t have on hand, but you can find it in health food stores and some grocery stores. I asked one to order it, and they did. It adds a rich, vibrant flavor to the soup, and you can use it in many other dishes as well. You can use frozen or fresh cauliflower. I generally use fresh, and the last batch I used two heads and doubled the rest of the ingredients. Just adapt the recipe to the likes and needs of your family. It isn’t an exact science. I hope you like it. I know your body will. ■



## Faux potato soup

### Ingredients

1 head of cauliflower, cut into pieces  
4 cups fat free chicken broth (I use low sodium.)  
2 or 3 light Laughing Cow or Weight Watchers cheese wedges  
Sea salt, black pepper and sprinkles of nutritional yeast to taste  
Crumbled turkey bacon  
(Optional: Garlic or onion powder, cayenne pepper)

### Directions

1. Bring cauliflower and broth to a boil, then simmer until tender.

2. Using a slotted spoon, scoop cooked cauliflower into a blender. Blend until smooth and creamy.

3. Add cheese wedges to the blender, blend again until smooth. Return to saucepan and season with sea salt, black pepper, nutritional yeast and any other seasonings you like. Add crumbled turkey bacon.

This soup should be a thick, creamy consistency to resemble a potato-based soup. Season to your liking and you can garnish with a bit more crumbled turkey bacon, a little shredded cheese or some green onion. Enjoy!

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



Tyler Ollerich's 1981 Civic needed a lot of work to get it on the road.

# Civic minded

Ollerich found his '81 Honda in a barn

By Lucas McMillan

Tyler Ollerich has always identified himself as a Honda fan. Both of his parents drove the car when he was growing up, and Ollerich learned how to fix cars by working with his dad, a mechanic, on his Honda.

“I started out on Hondas and learned on them,” he says. “But the ‘Fast and Furious’ movies came out when I was in high school, and those honestly reeled me in, too.”

Two years ago, Ollerich found a sale listing for a 1981 Honda Civic station wagon that had been sitting in a barn in Kalona. For a car its age, it was in remarkably good shape. It only had 90,000 miles on it, and its exterior was virtually untouched by rust, dings or dents. However, when it came to the car’s performance, Ollerich found that he had some work to do.

“It barely ran or drove when I got it,” he says. “I had to put in a new ignition, clutch and transmission. After that I drove it for 400 miles, and then the gasket blew. I

had to take it apart and put it back together all over again.”

This winter, Ollerich’s car is getting a new engine put into it, and he hopes to have it ready to hit the road by the time the weather warms up. He has taken it to the Ice Cream Cruise car show in Omaha, Neb., every year in the summertime, and he plans to take it again in 2014. He also has plans to add to the car with aftermarket parts for the interior, a new Honda stock color paint job, and, eventually, a modern Honda fuel injection engine.

You don’t see many Hondas like Ollerich’s on the road, both for its age and the relative scarcity of the model. He says that’s exactly how he likes it.

“I love the nostalgic feel of the car,” he says. “It’s got no power steering, power brakes or power windows. It takes you back to a simpler time. You can feel every bump in the road when you drive it. Some people wouldn’t like that, but I love it.” ■

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



HOSPITAL & CLINICS

[www.mercyclinicsdesmoines.org](http://www.mercyclinicsdesmoines.org)

Follow us @MercyDesMoines



# Comprehensive Pediatric Care

**The physicians and staff of Mercy Pediatric Clinics are dedicated to keeping your child healthy and safe.**

Pediatricians are specifically trained to care for infants, children and adolescents. They perform routine well-child exams, sports and school physicals, immunizations and treatment for acute and chronic illnesses. Mercy Pediatric Clinics are conveniently located throughout the Des Moines metro area, and the central location offers extended evening and weekend hours.

## Central\*

**Mercy Central Pediatric Clinic**  
330 Laurel St., Des Moines  
(515) 643-8611

*\*Extended hours available by appointment*

## East

**Mercy East Pediatric Clinic**  
5900 E. University Ave.,  
Pleasant Hill  
(515) 643-2600

## Johnston

**Mercy Johnston Pediatric Clinic**  
5615 N.W. 86<sup>th</sup> St., Johnston  
(515) 643-6090

## North

**Mercy North Pediatric Clinic**  
800 E. First St., Ankeny  
(515) 643-9000

## West

**Mercy West Pediatric Clinic**  
1601 NW 114<sup>th</sup> St., Clive  
(515) 222-7337

## Q. Should I be concerned about my child being shy?

**A.** There are many reasons why a child may display shy behavior. In some cases, tough life situations or emotional distress may be the cause, but in most cases, shy children are simply born shy. In fact, some children are just more reserved and timid in social situations.

Fortunately, most shy children do eventually overcome their shyness once they have time to adjust to their social setting and new relationships.

Parents can help their children adjust to new settings and new people by modeling appropriate behaviors – including managing anger, sharing, giving a compliment, asking for help and helping others. Working with your child to help him or her develop social skills can help your child feel at ease and prepared to handle various situations.

## You can't control the market, but you can control your decisions

Sometimes the market reacts poorly to changes in the world. But just because the market reacts doesn't mean you should. Still, if current events are making you feel uncertain about your finances, you should schedule a portfolio review. That way, you can help ensure you're in control of where you want to go and how you can potentially get there.

Take control. Schedule your portfolio review today.



**Matt Kneifl, CFP®, AAMS®**  
Financial Advisor

1100 73rd Street  
Windsor Heights, IA 50324  
515-279-2219

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING



**YOU DESERVE IT... NOW IS THE TIME**

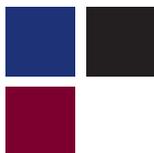
**HOME EQUITY LOANS from**

**3 YEARS AT 3.49% APR\***

**OR 5 YEARS AT 4.49% APR\***

Other terms and rates are available. Call for details.

\* Fixed rates. Rates are subject to change at any time. This is a limited time offer.



**Cornerstone  
Community  
Credit Union**

**414 - 61st Street ■ Des Moines**

**515.274.2343 [www.cornerstonecreditunion.com](http://www.cornerstonecreditunion.com)**

banking ■ By Gary Key

# Dreaming of a new kitchen...

Remodel can increase return on investment

By Gary Key, CEO, Cornerstone Credit Union

How can you give yourself an amazing and wonderful gift that you use every day and that will reimburse your costs when you sell your home? That's it — your dream kitchen remodeled right in your own house.

Just start with a few great ideas that fit your budget, and watch your old and tired kitchen come alive with beautiful possibilities. Here are several suggestions.

- Start with changing the doors of your cabinets to a new look. Begin by buying a few magazines that feature kitchens and tab pictures that you like. You soon will discover if you like stains or paint or a combination. Replacing cabinet doors is quite affordable.

- Change your counter top. You might be surprised how even some granites can fit into your budget. Again, search through design magazines for colors and materials that look interesting to you. You might even tear them from the magazines and start a "Dream Kitchen" file for easy access.

- Start thinking about faucets and sinks. Maybe a trip to the big box stores and taking a few phone pictures would be helpful.

- What about the floor? Change it to wood. Maybe some of the new vinyl strip flooring that looks like wood. Or tile, maybe large 24" x 24" installed on the bias. And, of course we haven't even mentioned the impact of changing the wall paint color. Or installing decorative pulls and knobs on those new cabinet doors. Maybe your upper cabinets have a corner



where a new door with glass and corner glass shelves can show off your favorite dish collection.

Inside the home, kitchen and bathroom remodels offer some of the highest ROIs (returns on investment) because that's where we live and where most buyers want to see a finished, updated room, not one they have to update once they move in. Kitchens often return as much as 55 percent ROI, while bathrooms may deliver as much as a 70 percent return. The value of a remodel can't always be measured in ROI. Remodeling your home to fit your family's needs can decrease stress and increase relaxation and comfort. Adding an office may allow your family to be more organized. Building on a sunroom allows more space for entertaining and may make outdoor time with your family more enjoyable.

Now is the best time of the year to explore a home equity loan from your favorite financial institution. ■

Information from [roxiekey.interiors@gmail.com](mailto:roxiekey.interiors@gmail.com), [www.remodeling.hw.net](http://www.remodeling.hw.net), provided by Cornerstone Community Credit Union, 414 61st St., Des Moines, 515-274-1171.

# Meet Ronda McCarthy

Instructor has a passion for teaching

By Rainey Cook

It's a sign of good teaching when you walk into a classroom and each student has a bouncy ball for a chair.

"There is research that proves there is more blood flow to the brain when sitting on a ball," says Ronda McCarthy. "I also allow bouncing and wiggling."

For herself, she doesn't even have a desk, as she's always walking around the room helping, talking, teaching and bouncing when she does take time to sit by a student. The energy in this room is palpable, and it is generated from McCarthy's extreme passion for teaching.

She went back to school for her teaching degree to teach only if it would be at St. Theresa's Catholic School on University.

"It's a real community here," she says. "I wanted to be a part of this wonderful community between the teachers, parents and students."

As it turns out, she is a big part of this school. She's been teaching fourth and fifth grade science for three years. She has written and received five grants for brand new STEM (science, technology, engineering, math) equipment. She teaches ELL (English Language Learner) classes. She's on the St. Theresa marketing committee. Last but not least, she'll finish her master's degree in May of this year.

The grant is what she is most excited about at this time. It has allowed her classroom to house 18 African frogs, 17 fiddler crabs



Ronda McCarthy teaches fourth and fifth grade science at St. Theresa's Catholic School

and 18 millipedes. Last year they studied the habitats; this year they are building them.

She holds up a millipede out of its dirty habitat and declares just how interesting it really is. Then she moves to the class turtle to hold and pet him.

As a portion of this lesson wrapped up, the students got to adopt any of the frogs, crabs or millipedes they wanted.

Other major topics she teaches her students are respect for others and how to be proficient readers — "to read more about science," she laughs. Soon the entire school will be learning and living Lent. On occasion they play Jeopardy on the smart board.

Outside of her passionate teaching career, McCarthy and her family are planning a trip to Ireland during spring break. ■

Photos by Rainey Cook



Don Geier and his home on Colby Avenue.

Photos by Rainey Cook

# Remembering Colby Acres

Geier's home is a showcase for his creativity

By Rainey Cook

When young Don Geier was graduating from high school, this Colby brick home was being built. The year was 1951.

It wasn't until 14 short years ago that Geier moved into this corner home from the suburbs of Chicago.

"I have relatives here," Geier says. "Although I've always wanted to live across the street from a big, beautiful courthouse, this home seemed to fit my needs."

Geier looked at two houses in Adel and Winterset, both across the street from the courthouses. As luck would have it, this Windsor Heights home was on the drive back to his sister's home after a long day of house hunting.

"I like the original hard wood floors this home has," he says. "And Iowa has such clean air."

Geier has collected numerous large antiques, some restored, some still in their original state. A carousel horse, restored in 1972, sits by his front window. An oversized Coke advertisement from the '40s hangs in the dining room. The Old Glory Coffee advertisement is arranged in an antique box and hangs on the wall. Several three-foot-tall painted Indian figures are placed throughout the entire house.

All this came about 40 years ago when Geier retired from the U.S. Postal Service. Now he's interested in selling it at auction.

Not finished with his creative side, Geier still sees beauty in the lifestyle of yesteryear. Once inside his home, the paintings on the walls jump out as perfection. Numerous scenes of Windsor Heights' early days — the first two stores in town, family picnics in the park and even a scene when Windsor Heights was once Colby Acres are all hand drawn by Geier, then painted and finally flawlessly detailed. The paintings are then framed with gold or royal blue paint as a border.

The living room is patriotic with flags in every painted picture. The dining room showcases the coffees, teas and beers of the 1940s, all painted with the same style of advertisement-like art. The kitchen is where you'll find the 1910 Grape Nuts Cereal painting with a small blonde girl and very pronounced St. Bernard dog leading her to school.

And to think that all this self-taught painting came about from Geier's recovery from a past heart attack.

"I certainly wasn't going to sit around and wait for another one," he says. ■

## What do you like best about your teacher?



Mason Tran: "She's funny and enthusiastic."



Ethan Duong: "She's really nice, and I've been doing better in my grade since I've had her."



Ella Spanovic: "She is always brave, and whenever there is a problem she fixes it."



Kamadal Oromo: "She's really nice and always smiles."

# EXPERIENCED ATTORNEYS

SINCE 1987



*Top Row:*

Joe Wallace, Chris Low, Mark Abendroth, Ross Barnett

*Bottom Row:*

Laurie Heron, David Russell, Madina L. Nguyen

*We proudly welcome*

**Laurie Heron & Madina L. Nguyen**

- Wills and Trusts
- Estate Planning
- Probate
- Powers of Attorney
- Real Estate Transactions
- Small Business Representation



**ABENDROTH  
AND RUSSELL  
LAW FIRM**

2560 - 73rd Street ▶ Urbandale

515.278.0623

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



legal briefs

By Madina L. Nguyen

## Several choices for estate planning

Revocable trust is different than a will

By Madina L. Nguyen, attorney, Abendroth and Russell Law Firm

**Y**ou have several choices for estate planning. A revocable trust is an estate planning vehicle that is similar to a last will and testament, but has many important differences.

A trust comes into effect while you are still alive under a written document. Property and assets are transferred to the trust, to be held and administered by a trustee for the benefit of another. Typically, you would be the initial trustee of the trust, and would administer the trust for your primary benefit. After death, the trust could be administered for the benefit of a surviving spouse or children or could be liquidated and distributed. This type of trust has several benefits.

First, a trust provides for the orderly management of assets. During your lifetime, you will typically be the sole trustee and can manage the assets as you see fit. You can sell and acquire assets, change investments and fully utilize your resources. Trusts allow for the transfer of ownership of assets without relinquishing your control and enjoyment of the funds.

Second, a revocable trust allows you to make private provisions with respect to the disposition of your assets. Your wishes will not become part of public record, as they would if your estate went through court-supervised probate.

Third, if done correctly and completely funded, a revocable trust will avoid probate. It allows for the smooth transition of the ownership of assets. If the trust is to terminate on death and be distributed to beneficiaries, the



settling of a trust should take less than three months. If one of your goals is to avoid probate, placing all of your assets in the trust is crucial.

Finally, a living trust is a good vehicle for planning for potential incapacity. By specifying a procedure for determining incapacity and then naming a successor trustee, you can ensure the seamless administration of your affairs.

However, revocable trusts have some disadvantages. Initial costs will be higher because trust documents are more complex to draft than wills. Transferring assets to trusts incurs transactions costs. Plus, trusts have ongoing record-keeping and maintenance. Using a revocable trust has no particular tax advantages; a revocable living trust still faces taxes and settlement costs if they apply to your estate.

Have a conversation with your attorney about which estate planning vehicle is right for you. Remember that there is no "one-size-fits all" answer to your financial and family needs. ■

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

# Your opinion does matter

Make time for membership in the Chamber

By Betty Ridout, president, Windsor Heights Chamber

Our first luncheon for 2014 was hosted by one of our newest members, Angelo's on 8th, located at 1238 Eighth St., West Des Moines. The audience was engaged while learning about the history of Angelo's and Steve Kroner's business successes. If you haven't tried Angelo's for lunch or dinner, I highly recommend the pizza. You won't be disappointed.

The annual Legislative Coffee was held Jan. 25 at 3E. It's exciting to report that the residents within our community desire to have their voices heard. Sen. Charles Schneider, Rep. Chris Hagenow, Rep. Peter Cownie and Supt. Robert Brownell were in attendance. A big thank you to them for taking the time to meet with us and to Michael Glover for handling the task as mediator and keeping things running on time.

The Chamber is sponsoring a Chili Cook-Off on Thursday, March 27, from 5 - 8 p.m. at the Windsor Heights Community Center located at 6900 School St. Bring your appetite and come prepared to sample the best of the best chili in these here parts. We have an impressive lineup of chili competitors who will be serving their top-secret recipes in hopes of landing the top prize. 515 Brewing will be partnering with us by selling their refreshing craft beer that has quickly grown in popularity amongst our Young Professional group. You get five samples for \$10, and if you wish for a full serving, it's just \$3. Giddy-up on over, experience the fun and excitement, and see who will be named the best of the best chili-cookers in the city.

As I was stuffing envelopes to send about renewing your 2014



membership, I included a brief synopsis to highlight our membership benefits. You as a member are able to participate in various activities such as Do More in Windsor Heights, our Young Professional group, our Shop Where you Roost Expo, legislative receptions, coffees and other networking events and activities sponsored by the Greater Des Moines Partnership. Some business owners might say their schedule is too demanding and the thought of volunteering for one more event or adding one more activity to their already busy schedule may be unthinkable. So why should you add yet another task by joining and actively participating in our Chamber? Membership has the added value of inclusion in the Greater Des Moines Partnership, the economic development and regional business development organization serving Central Iowa. Through this dual membership model, you are connected to 19 other metro-area Chambers and more than 4,700 local business leaders who, like yourself, wish to grow their business, grow their community, and grow economic opportunity for central Iowa. Your voice is heard, and your opinion does matter. ■

Dedicated to providing individual patient care

with a personal touch for the whole family!

- Medical and Diabetic foot care
- Diabetic shoes and socks
- Retail footcare products

By appointment  
Monday-Friday  
9am-5pm



Dr. Rudolph La Fontant

2629 Beaver Avenue, Suite 15 • Des Moines  
515.223.5219

WINDSOR HEIGHTS CHAMBER OF COMMERCE

WHO IS **HOT** IN WINDSOR HEIGHTS?



**CHILI COOK-OFF**

**THURSDAY, MARCH 27**  
5 TO 8 P.M.  
COMMUNITY & EVENTS CENTER

**THE CONTEST**

Chamber businesses will compete to see who's the *best chili cooker ever!* Come out and sample chili and vote\* for your favorite, all while supporting the Chamber.

**TICKETS**

\$10 for 5 samples  
\$1 additional samples  
\$3 full bowl

*\*Disclaimer: Businesses may try to bribe you with goodies, extra toppings or dessert!*

[WWW.WINDSORHEIGHTSCHAMBER.COM](http://WWW.WINDSORHEIGHTSCHAMBER.COM) FOR MORE INFO



Officer Bill Canada and police dog Argos visited the third grade classes at Windsor Elementary on Jan. 30.



Chief Dennis McDaniel and Lt. Trace Kendig at Windsor Elementary on Jan. 30.



Gabby Cale and Matt Cale at the Windsor Heights Luncheon at Angelo's on 8th on Jan. 20.



Dave Moench and Betty Ridout at the Windsor Heights Luncheon at Angelo's on 8th on Jan. 20.



Leng Vong-Reif and Allison Carlson at the Windsor Heights Luncheon at Angelo's on 8th on Jan. 20.



Diana Willits and Debra Prentice at the Windsor Heights Luncheon at Angelo's on 8th on Jan. 20.



Steve Kroner and Michael Libbie at the Windsor Heights Luncheon at Angelo's on 8th on Jan. 20.



Faith Dorn and Sherry Borzo at the Windsor Heights Luncheon at Angelo's on 8th on Jan. 20.



Rep. Chris Hagenow, Sen. Charles Schneider and Sup. Robert Brownell at the Windsor Heights Legislative Coffee at 3E on Jan. 25.



Mike Glover and Chris Hagenow at the Windsor Heights Legislative Coffee at 3E on Jan. 25.



Richard Chavannes and Barney Devine at the Windsor Heights Legislative Coffee at 3E on Jan. 25.



Joyce Wayne and Ken Wayne at the Windsor Heights Legislative Coffee at 3E on Jan. 25.

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

# NEW, LARGER LOCATION TO SERVE YOU BETTER!



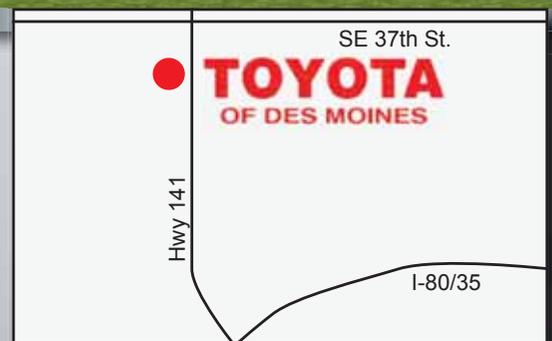
## COME SEE THE NEW TOYOTA OF DES MOINES:

- More than 800 vehicles, new and used
- Locally owned and operated
- State of the art showroom
- Expanded service department
- Same day service

**QUICK LUBE & FILTER  
NO APPOINTMENT NECESSARY.**



**TOYOTA  
OF DES MOINES**



### HOURS

#### Sales

M-Th 8am-8pm

Fri-Sat 8am-6pm

#### Service

M-Th 7:30am-7pm

Fri 7:30am-6pm

Sat 8am-4:30pm

#### Parts

M-Th 7:30am-7pm

Fri 7:30am-6pm

Sat 8am-4:30pm

### PHONE

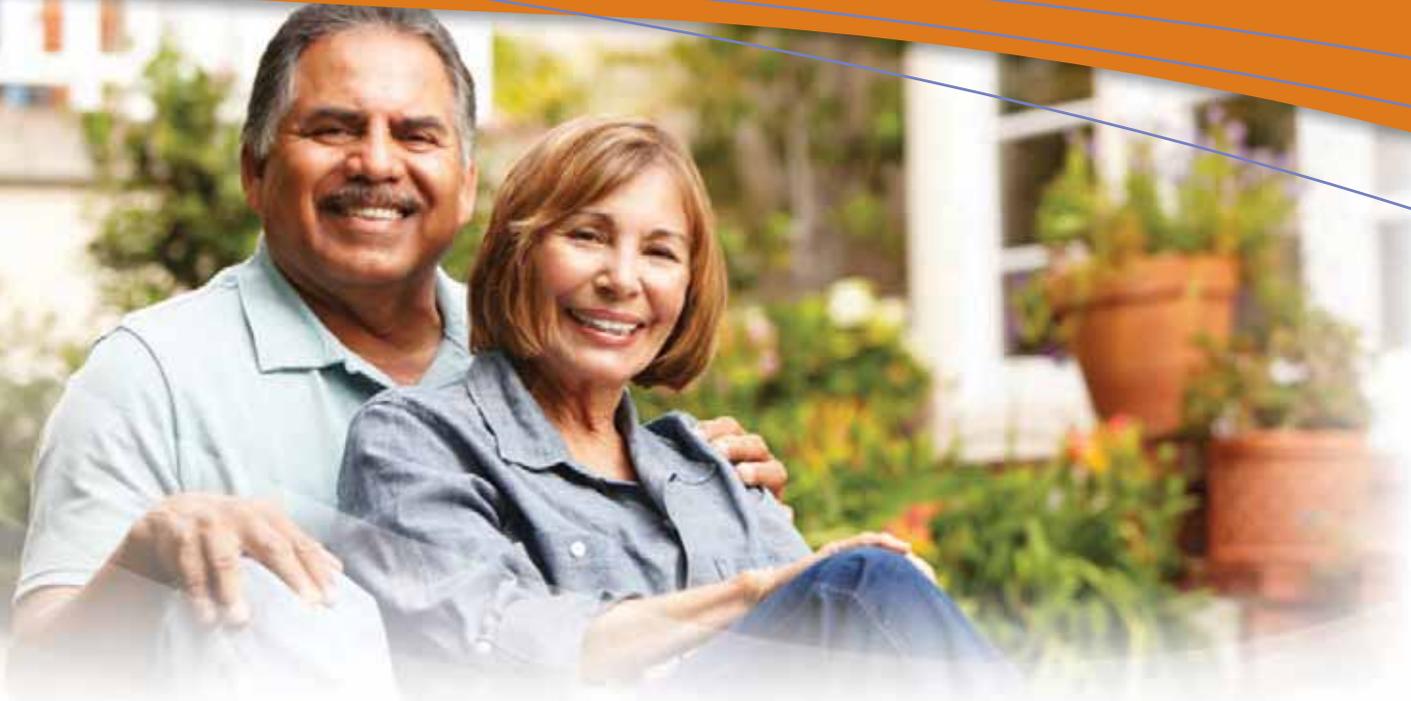
(515) 276-4911

(515) 276-4912

(515) 276-4913

1650 SE 37th St., Grimes • Just off the I-35/80 Hwy 141 Exit • [www.toyotadm.com](http://www.toyotadm.com)

# Living longer doesn't *have* to mean ...getting "old."



What is your age? It goes on everything from your driver's license to your insurance card! Age is just a number, what really matters is how old you *feel*.

At WesleyLife, we know life can be meaningful at any age. Focusing on how to age successfully is core to everything we do. WesleyLife services transform the aging experience with a focus on health and well-being.

WesleyLife is a faith-based nonprofit organization with a strong 65 year history of serving Iowans with a variety of services that help older adults live longer, healthier lives.



**WesleyLife**

A SPIRIT FOR LIVING

(515) 288-3334

**WesleyLife.org**

The Ministries of WesleyLife

Independent and Assisted Living | Rehabilitation | Memory Support | Adult Day  
Home Care | Hospice | Home-Delivered Meals | Transportation

