

Windsor Heights

January 2014

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magazine

Meet your **MAYOR**

**WILLITS SHARES HER VISION
FOR WINDSOR HEIGHTS**

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WHERE WE LIVE**

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Making Windsor Heights even better

Why would anyone want to be a mayor? That's a question often asked by residents in most any community.

Some say it's because of the pay, but that's clearly not the reason. The minimal amount that most mayors earn doesn't even equate to minimum wage if all the hours dedicated to the position were calculated. Throw in the time, money and energy involved in the election process, and this is clearly not a money-making endeavor.



Some say it's a matter of prestige, and that could be, as the mayor is typically a well-known and well-respected person in the community. But mayors must also have thick skin, as they are the center of criticism, too, which is typical of any position that involves making decisions for the greater good.

Some say it's about power. This may sound logical, but in reality, the city council members often have more power than the mayor, as they are the ones who cast votes to approve or disapprove of measures.

Some say it's to "right" a "wrong," and that may be the most accurate reason. Most who run for local office do so because they had a specific, personal issue that they wanted "fixed." It is typically problems relating to street repair, libraries or parks but can be as broad as a lack of communication efforts or taxes in general — or even something like, say, traffic cameras.

All this leads us to our cover story this month, which is a feature on Windsor Heights' mayor, Diana Willits. I admire her passion for the community and her upbeat personality. She is smart, she is forward-thinking and she won't hesitate to address the tough subjects, which you will see in her responses to the questions we asked her.

After reading this, you may still wonder why anyone would want to be a mayor. As you know by now, that's not an easy question to answer, but we are thankful that people like Diana Willits do make the commitment to make their communities even better places to live, work and play. We are all better off because of it.

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.



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

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



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Photo by Michael Swanger

Meet your MAYOR

**WILLITS SHARES HER VISION
FOR WINDSOR HEIGHTS**

Diana Willits, Windsor Heights' first female mayor, will host a series of town hall-style meetings to gather feedback from residents beginning Jan. 23 at the Windsor Heights Community Center at 6 p.m.

By Michael Swanger

Diana Willits' passion for Windsor Heights is contagious. You see it in her friendly smile, hear it in her upbeat voice and feel it in her palpable energy. It has sustained her as a public servant since 1997 and it resonated with voters who elected her on Nov. 5, 2013, to become Windsor Heights' first female mayor.

Willits got a feel for the mayor's position last fall, acting as mayor pro tem after longtime and popular mayor Jerry Sullivan resigned and moved from Windsor Heights. She was sworn in to the four-year office on Nov. 18 and is ready to not only meet the challenges of the office in the new year, but her constituents, too, as she launches a series of town hall-style meetings with resi-

dents beginning Jan. 23 at the Windsor Heights Community Center at 6 p.m.

The newly-elected mayor plans to use those meetings to gather feedback from residents with the hope they will become more engaged in local government, as well as to share with them her short- and long-term goals for the city. Her early initiatives include expanding entertainment options for young people, meeting regularly with business leaders and addressing the need for traffic cameras and the public perception associated with them.

Working closely with the City Council will be a priority for Willits. Voters last November re-elected Betty Glover and former Councilman

Steve Peterson, and they chose Anthony Timm to fill a third seat. They join incumbents Charlene Butz and Dave Burgess.

"I'm looking forward to building a vision for our community with the City Council and our citizens," says Willits. "I'm looking forward to their input, and I'm honored to be their mayor."

She already has the support of her predecessor.

"I have worked with Mayor Willits for the past 12 years, and she brings so many talents to the job from day one. Her experience from being mayor pro tem (for six years) where she was involved in every important decision pertaining to the City of Windsor Heights is invaluable,"

says Sullivan, who now resides in West Des Moines.

In addition to having served on the City Council for 16 years, Willits served on several committees and boards: Metro Advisory Legislative Committee, Metro Mayors Committee, Policy and Administration, Metro/West Help Board Member, Community Development Committee, Executive Board Metro Waste Authority, Convention and Visitors Board and six years as a Greater Des Moines Partnership Washington, D.C., delegate. She was also instrumental in the creation of Windsor Heights' own ZIP code, the redevelopment of Colby Park, the construction of the city's bike trail and implementation of the West Help Home Improvement program.

Her civic participation includes being a member of the Chamber of Commerce, Chi Omega Parents Group President/Special Events Committee, Western City School Collaboration Committee, and the Urban Heights Covenant Church Worship and Fellowship Ministry Team.

Sullivan says her biggest obstacle will be maintaining property values while balancing a "difficult budget situation" due to a reduction in commercial property taxes. He notes that among her greatest assets are newly-elected council members Peterson and Timm, as well as the staff

at City Hall. He also says that the Hickman corridor development holds great potential growth for the city.

"My advice would be to maintain a good working relationship with the surrounding communities. Recruit, reward and retain the best people possible to assist with maintaining a safe, clean and successful city," says Sullivan. "I wish her the best of luck as she becomes the eighth mayor of Windsor Heights."

The new mayor also cherishes the support of her family. Willits, 56, moved to Windsor Heights in 1981 with her husband, Jim. They have two daughters: Courtney, 22, and Ashley, 20. Her oldest daughter fondly recalls her mother's longtime public service.

"We grew up watching Mom on the City Council and her love for the people on it and the city," says Courtney Willits. "She always had good ideas because she loves Windsor Heights so much. She cares a lot about the city, and she wants to be sure that peoples' thoughts are heard because she loves to collaborate. We couldn't be more proud of her."

Last month, *Windsor Heights Living* magazine spoke with Willits about her new role as mayor as well as her greatest challenges and goals. The following excerpts from that interview appear here.

How did you feel when the voters of Windsor Heights elected you as mayor last fall?

Willits: I felt very grateful. I was pretty humbled by it, especially to be the first female mayor. I've always worked behind the scenes, and now I'm the spokesperson for the city. It's an honor. I'm honored to be working with such a great staff and to have had a good mentor in Jerry Sullivan, who was a great mayor.

What prompted you to get involved in local government?

Willits: When we moved here, there were not very many activities for young people. They had Music in the Park, which has been great for older residents, but nothing for young people. So I started to get involved, volunteering for several activities. I worked with parents to bring the Montessori school here, started a neighborhood block party and got involved with the committee for the Fourth of July parade. It was a lot of fun. In 1996, Pat Iles was on City Council and she was a great mentor, and she talked me into running for City Council. When I was elected in 1997, Don Steele was the mayor. He was the first of three great mayors that I worked with while on City Council, including Ned Miller and Jerry Sullivan.

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What plans do you have for special events in the future?

Willits: We want to develop a new committee to get neighborhoods to work together. We want to bring special events to the community so they can get to know their neighbors better. We want it to run the gamut for people of all ages while maintaining our small-town feel. We want to bring back ice cream socials and include games with them. We also want to start neighborhood contests and have local businesses sponsor them. I'd like to see each neighborhood have a float in the Fourth of July parade, too.

Tell us about your plans to survey citizens to learn more about their needs?

Willits: We want to ask them what activities we can bring to their neighborhoods and how they feel about the city's services. It's been about five years since we last surveyed everyone.

Can you describe your upcoming series of town hall style meetings with the public?

Willits: We're calling them 10/60. They will be held the third Thursday of each month and will include 10 questions from residents and business leaders and will last only 60 minutes each. We hope to get a ton of citizens to attend, to get new ideas and ask them what we are doing wrong and what we are doing right. A City Council meeting isn't always the most popular thing to come to for sharing ideas, so we want to take the conversation out to the community. Everyone who works on behalf of the city is welcome to join me in listening to our residents on how to make this a stronger community.

What are some of your most important initiatives for 2014?

Willits: It will be fun to watch the development at Hickman Road and 63rd Street as it continues to move forward. We also want to meet quarterly with business leaders and developers to evaluate older developments that need to be reinvigorated. At some point, we would like to create a Windsor Village, like Valley Junction, and see if we can



Photo by Michael Swanger

Diana Willits, who moved to Windsor Heights in 1981, says she cherishes the support that her family has shown her over the years in her pursuit of public service. They include, left to right, her husband, Jim, and daughters, Courtney, 22, and Ashley, 20.

use sustainable materials to build it. It could be a showpiece for the city. We have more than 100,000 people pass through our city each day, and we have more than 800,000 pedestrians use our bike trail each year. What business wouldn't want to be here? We also want to bring back City Council meetings in the streets like we used to do. It's another way to encourage citizens to participate in the discussion, and it's our responsibility to bring information to them. We'll start them in the spring and hold them monthly through October.

What is your position regarding traffic cameras?

Willits: There are two things that people need to understand. First, Windsor Heights got its reputation

as a speed trap in the 1950s when the executives who built their custom homes here didn't want speeding on their streets. Sixty years later, we still have the stigma among people who don't live here as being "Radar Heights." That's unfortunate because we're not the only city monitoring traffic. Clive has red light cameras, and Des Moines, Cedar Rapids and Polk County have traffic cameras, yet it's a perception we can't seem to shake loose. What people don't realize is that we have a lot of fast traffic coming through our town off the freeway and Hickman Road and how the speed limits change quickly. Over the years, our residents have asked us to slow down drivers, particularly in residential neighborhoods like University Avenue at the top of

the hill at 63rd Street. Commuters have to go through our city to go to West Des Moines, Urbandale, Des Moines and Johnston. We are a major thoroughfare. Many residents call 70th Street "I-70" and we get calls from them to place mobile units there. Since we installed radar units through the end of September, we found that less than 2 percent of those caught speeding were Windsor Heights residents, and that the average speed of those caught was 14 miles per hour above the speed limit. The fact of the matter is they're breaking the law, which is why I'm in favor of speed cameras. It will be interesting to see how residents react to the survey when we send it out because that issue will be one of the things that we ask them about. ■

Maintaining brain fitness as you age

Exercising, socializing and learning can help

By Patty Devens, marketing director

Cognition is a combination of mental processes that includes the ability to learn new things, intuition, judgment, language and remembering.

When cognition is impaired, a person has trouble with these processes which begins to affect the things he or she can do in everyday life. The lack of cognitive health — from mild decline to dementia — can have profound effects for an individual's health and well-being and ability to maintain an independent lifestyle. Cognitive decline may render older adults unable to conduct necessary activities of daily living such as money management and meal preparation. If cognitive decline can be prevented or improved, the lives of older adults can certainly be enhanced.

Good brain health is often described as “staying sharp,” having a positive mental outlook, being alert and having a good memory. Studies are showing the importance of physical activity, a healthy diet, social involvement, participation in enjoyable and mind challenging activities and spiritual activities are all important areas for healthy aging. “Use it or lose it” is a truism when it comes to brain health.

As we turn the calendar to a new year, we often think of making a commitment to exercise programs for weight control and physical health. However, exercise is also important for brain fitness. Research shows that beyond reducing the risk of heart disease

and diabetes, exercise contributes to reducing stress and your risk of memory loss, improving mood, increasing alertness and keeping your mind sharp. The increased blood flow may boost brain function. Exercise may help prevent clogs in the small blood vessels feeding the brain with blood supply, preventing strokes and maintaining nutrition to brain cells and may also ward off age-related cognitive decline.

Learning new tasks or performing routine tasks in a new way also plays a part in brain fitness. New pathways to the brain open up as we try new activities. Consider brushing your teeth using the other hand, find a new route to the grocery store or doctor's office or play Wii bowling with grandchildren. Adult classes offered through parks and recreation programs can be mind-stimulating.

Socializing is also very important for brain stimulation. Senior groups through churches, banks and senior centers often provide fun and unique opportunities for socialization. Card and board games can provide cognitive challenge while at the same time developing and enhancing friendships.

And maybe now is the right time to consider making your move to a senior living community. Senior communities often provide the opportunity for physical activity, good nutrition and friendships for an active lifestyle to stay happy and healthy as this new year unfolds for you. ■

Information provided by Patty Devens, marketing director, The Reserve on Walnut Creek, 2727 82nd Place, Urbandale, 515-727-5927, reserveonwalnutcreek.com.

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Friday, Jan. 17

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

Saturday, Jan. 18

- VHS JV/V Wrestling Invitational, 9 a.m.
- VHS V Boys Swimming at Cedar Rapids Washington, 12:30 p.m.
- Orchestra Moonlight Dance, 6:30 p.m., VHS Cafeteria.
- RHS V Wrestling at Ankeny, 10 a.m.
- RHS 9 Girls/Boys Basketball vs. Ankeny, 10/11:30 a.m.
- RHS JV/V Girls Basketball vs. Ankeny, 2:30/4 p.m.
- RHS 10/V Boys Basketball vs. Ankeny, 1/5:30 p.m.

Monday, Jan. 20

- Martin Luther King Day
- No School - DMPS
- No School - WDMPS
- Chamber Lunch, noon, Angelo's Pizza 8th St.
- VHS 8 Boys Basketball at Waukee, 4 p.m.
- RHS JV/V Bowling vs. Urbandale, 3:30 p.m.
- RHS Riders' Club Meeting, 6 p.m., Library.

Tuesday, Jan. 21

- VHS 8 Boys Basketball vs. Norwalk, 4:30 p.m.
- VHS 9/10/V Boys Basketball vs. Ottumwa, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball vs. Ottumwa, 4:45/6:15 p.m.

- RHS 9/10/V Boys Basketball at Mason City, 4:45/6:15/7:45 p.m.
- RHS 9/JV/V Girls Basketball at Mason City, 4:45/6:15/7:45 p.m.
- RHS JV/V Boys Swimming at Newton, 5:30 p.m.

Wednesday, Jan. 22

- 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.

Thursday, Jan. 23

- 10/60 Meeting, join Mayor Willits and City Administrator Fiegenschuh for their first official 10/60 meeting, 6:30-7:30 p.m., Windsor Heights Community and Events Center.
- Greater Des Moines Garden Club Meeting, Floral Design Program by Janna Boyd, a judge from Pella, 1 p.m., Westminster Presbyterian Church.
- VHS JV/V Bowling at SEP, 3:30 p.m.
- VHS 8 Boys Basketball vs. DCG, 4:30 p.m.
- VHS JV/V Wrestling vs. Johnston, 6:30/7:30 p.m.
- VHS 9 Boys Basketball at Urbandale, 7 p.m.
- RHS JV/V Bowling at Indianola, 3:45 p.m.
- RHS JV/V Boys Swimming vs. Ottumwa, 5:30 p.m.
- RHS JV/V Wrestling at Indianola, 5:30 p.m.
- IHSSA Large Group Showcase, 6 p.m., RHS Auditorium.

Friday, Jan. 24

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

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

- RHS 9/JV/V Girls Basketball at Indianola, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball at Indianola, 4:45/6:15/7:45 p.m.



Saturday, Jan. 25

- Legislative Coffee, 9-10:30 a.m., learn more about the issue before the state legislature, free and open to public, 3E, 953 73rd St
- RHS V Wrestling at Urbandale, 10 a.m.
- VHS JV Wrestling at Marshalltown, 9:30 a.m.
- VHS V Wrestling at Urbandale, 10 a.m.
- VHS V Boys Swimming at Waukee, noon.
- VHS 9/JV/V Girls Basketball vs. Iowa City West, 5/6:15/7:30 p.m.

Sunday, Jan. 26

- RHS Show Choir Jan. Jive, 4 p.m., Auditorium.

Monday, Jan. 27

- VHS 8 Boys Basketball at Johnston, 4:30 p.m.
- VHS JV Boys Swimming Invitational, 5 p.m.
- VHS 9 Boys Basketball at Johnston, 7 p.m.
- VHS JV boys Basketball vs.

Johnston, 7 p.m.

- WDMPS Board Meeting, 7 p.m.
- RHS JV/V Bowling vs. Marshalltown, 3:30 p.m.

Tuesday, Jan. 28

- Do Business Brainstorm, brainstorm challenges and success they are experiencing in their businesses, 5:45 p.m., Angelo's on 8th.
- VHS 8 Boys Basketball vs. Ankeny Centennial, 4:30 p.m.
- VHS JV Wrestling at Urbandale, 4:30 p.m.
- VHS 9/10/V Boys Basketball vs. Fort Dodge, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball vs. Fort Dodge, 4:45/6:15 p.m.
- RHS 9/JV/V Girls Basketball vs. DM East, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. DM East, 4:45/6:15/7:45 p.m.
- RHS JV/V Boys Swimming vs. Boone, 5:30 p.m.

Wednesday, Jan. 29

- 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.
- VHS JV Girls/Boys Bowling Tournament, 1 p.m.

Thursday, Jan. 30

- VHS JV/V Bowling vs. Urbandale, 3:30 p.m.
- VHS 8 Boys Basketball at DCG, 4:30 p.m.
- RHS JV/V Bowling at DM North, 3:45 p.m.
- RHS JV Boys Basketball vs. DM Lincoln, 7 p.m.

Friday, Jan. 31

- VHS V Wrestling at SEP, 4 p.m.

- VHS 9/10/V Boys Basketball at Dowling, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball at Dowling, 4:45/6:15/7:45 p.m.
- RHS V Wrestling at SEP, 4 p.m.
- RHS 9/10/V Boys Basketball at DM North, 4:45/6:15/7:45 p.m.
- RHS JV/V Girls Basketball at DM North, 4:45/6:15 p.m.

Saturday, Feb. 1

- VHS JV Wrestling Invitational, 9 a.m.
- VHS JV Boys Basketball at Waukee, 10 a.m.
- RHS JV Wrestling at Valley, 9 a.m.
- RHS JV/V Boys Swimming Invitational, 10 a.m.
- RHS 9/JV/V Girls Basketball at Urbandale, 12/2/3:30 p.m.
- RHS 9/10/V Boys Basketball at Urbandale, 12/2/5 p.m.

Sunday, Feb. 2

- Groundhog Day
- Super Bowl

Monday, Feb. 3

- City Council Meeting, 6 p.m., City Hall.
- VHS 8 Boys Basketball Indian Hills vs. Stilwell, 4 p.m.
- VHS JV/V Wrestling vs. DM Roosevelt, 6:30/7:30 p.m.
- VHS 9 Boys Basketball vs. Dowling, 7 p.m.
- VHS JV Boys Basketball at Dowling, 7 p.m.
- RHS JV/V Wrestling at Valley, 6:30/7:30 p.m.

Tuesday, Feb. 4

- VHS 9/JV/V Girls Basketball vs. Waukee, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball vs. Waukee, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball at DM Lincoln, 4:45/6:15/7:45 p.m.

- RHS 9/JV/V Girls Basketball at DM Lincoln, 4:45/6:15/7:45 p.m.

Wednesday, Feb. 5

- 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, Feb. 6

- VHS 8 Boys Basketball vs. SEP, 4:30 p.m.
- VHS JV/V Wrestling at Urbandale, 6:30/7:30 p.m.
- RHS V Girls/Boys Bowling at Ottumwa, 2 p.m.
- RHS JV/V Wrestling at DM East, 6:30/7:30 p.m.

Friday, Feb. 7

- VHS 9/10/V Boys Basketball at Johnston, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball at Johnston, 4:45/6:15/7:45 p.m.

Saturday, Feb. 8

- ACT Test Date
- V Boys Swimming Districts
- RHS Winter Formal Dance, 7:30 p.m., Scottish Rite Temple.

Monday, Feb. 10

- RHS JV Boys Basketball at Ankeny, 7 p.m.
- VHS JV/V Bowling vs. Ankeny, 3:45 p.m.
- VHS 8 Boys Basketball vs. Ankeny, 4:30 p.m.
- VHS 9 Boys Basketball vs. Johnston, 7 p.m.
- VHS JV Boys Basketball at Johnston, 7 p.m.

Tuesday, Feb. 11

- RHS 9/JV/V Girls Basketball at Johnston, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball at Johnston, 4:45/6:15/7:45 p.m.
- VHS 8 Boys Basketball at Waukee, 4:30 p.m.

Wednesday, Feb. 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.
- V Wrestling Regionals

Thursday, Feb. 13

- RHS JV Wrestling at Boone, 5:30 p.m.
- RHS Spring Band Concert, 7 p.m., Auditorium.
- VHS Sweetheart Show at Norwalk, 7 p.m.
- VHS 8 Boys Basketball vs. Ames, 4:30 p.m.
- VHS V Girls/Boys Bowling at Johnston, 12:30 p.m.

Friday, Feb. 14

- Valentine's Day
- RHS 9/JV/V Girls Basketball vs. Ottumwa, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. Ottumwa, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball vs. Urbandale, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball vs. Urbandale, 4:45/6:15/7:45 p.m.

Saturday, Feb. 15

- Wrestling Districts
- Boys State Swimming Tournament

Monday, Feb. 17

- President's Day
- VHS 8 Boys Basketball vs. Waukee, 4 p.m.
- RHS 9/JV/V Boys Basketball at Newton, 4:45/6/7:30 p.m.

Tuesday, Feb. 18

- RHS 9/10/V Boys Basketball vs. Waukee, 4:45/6:15/7:45 p.m.
- V Bowling Regionals

Wednesday, Feb. 19

- 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.
- State Wrestling Tournament
- V Girls Basketball Regionals

Thursday, Feb. 20

- State Wrestling Tournament
- RHS Orchestra Concert, 7 p.m., Auditorium.

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.



View events and happenings from
this community and others at
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Best of the Best and District 4 winner, Andy Bearbower, 1440 64th St.

Holiday Lighting Contest winners announced

The Windsor Heights Foundation has selected the winners of 2013 Holiday Lighting Contest. The Foundation divided the city into six districts and selected the best display in each district. The Foundation members awarded a \$50 prize to each district winner and an additional \$50 to the "Best of the Best" from among the district winners. The 2013 winners are:

District 1	1809 79th St.	Gregg and Karol Mauk
District 2	7023 Bellaire	In Bo and Won Hee Jung
District 3	6771 College	Chris Wenson
District 4	1440 64th	Andy Bearbower
District 5	1400 73rd	Brad and Brita Meyer
District 6	1026 69th	Brook and Nick Roberson
Best of the Best	1440 64th	Andy Bearbower

The Windsor Heights Foundation gave the contest winners a lighted recognition sign to place in their yard. ■



Walnut Creek Community Church has grown from hosting services in living rooms to four locations in Greater Des Moines.

Looking ahead

Activities abound at WCCC

By Michael Swanger

Since its inception in 1985 by a group of 15 Christians from Ames, Walnut Creek Community Church has grown from hosting Sunday morning services in the living rooms of its founders, to four locations in Greater Des Moines with more than 1,400 church members throughout central Iowa.

Its four churches (Walnut Creek Downtown, Walnut Creek Johnston, Walnut Creek South and Walnut Creek Windsor Heights) are part of the Great Commission Churches, a member of the National Association of Evangelicals. Though the church shares resources and hosts unilateral events like the Faithwalkers annual conference that was held last month at the Iowa Events Center, each church hosts its own services, small groups and activities.

At Walnut Creek Community Church in Windsor Heights, 900 64th St., a number of activities are slated to be held in the weeks ahead, according to the church's website (www.walnutcreekcc.org).

Awana youth groups will meet each Wednesday from 6:30 - 8 p.m. at the church. It is open to children ages 3 through sixth grade. Awana is a national ministry which teaches verse memorization and large group lessons. In addition, each meeting contains a game time.

Mom's circle, held the first Wednesday of each month, meets at the church from 9:45 - 11:30 a.m. The monthly meeting is for moth-

ers of young children to connect with other moms and be encouraged in their role as a parent and spouse. Childcare is provided.

Walnut Creek Community Church
900 64th St.
279-8312
walnutcreekcc.org

Sunday services: 9, 9:30 and 11 a.m.
Sunday service in Spanish: 12:45 p.m.

Members of the Windsor Heights church and the public are invited to attend the Rend Collective Experiment concert with Bellarive at the Walnut Creek Downtown Church, 323 East Locust St., when it brings its "Campfire Tour" to Des Moines next month. Tickets for the Feb. 13 event are sold out, but a second show has been added for Feb. 14 at 7:30 p.m. General admission tickets are \$10 in advance or \$12 at the door. They can be purchased online at www.eventbrite.com.

Sunday services in Windsor Heights last between 80 and 90 minutes and include upbeat, contemporary Christian music. Attendees are encouraged to dress comfortably, and a nursery is provided for babies and toddlers. Kid's Classes are available for children ages 3 through fifth grade. ■

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ART IN THE HEIGHTS

NEW DATE, NEW EVENT
SATURDAY, NOVEMBER 1



SAVE THE DATE – "Art in the Heights" will offer an opportunity to purchase original art pieces directly from a dozen handpicked central Iowa fine and indie craft artists. From experienced collectors looking to add to their collection to first time art buyers, there will be something to suit everyone's taste and budget. There will also be hands-on activities for children, a fantastic line-up of musicians and refreshments for sale. There's no admission and plenty of parking is available. Gift certificates are also available for sale. Anyone who would like to help with the planning or as a volunteer the day of the event, please call Tracy at 645-6821.

SELF-DEFENSE FOR WOMEN COURSE

The Windsor Heights Police Department is currently gathering contact information for area residents who may be interested in participating in a women's education and self-defense course called Rape Aggression Defense (R.A.D.). Dates of the course have tentatively been set for Wednesday and Thursday evenings in February (5, 6, 12 and 13 from 6:00–9:30pm) at the Windsor Heights Community and Event Center. Class size will be limited to twenty students and attendance at all classes is recommended to complete the program successfully. There will be a one-time registration fee of \$25 due prior to the first class along with pre-event paperwork and waivers. Returning students are welcome at no charge.

The RAD program for women's basic self-defense is the largest nationally recognized women's self-defense organization in the world (www.rad-systems.com). Classes encompass twelve hours of education and awareness topics mixed in with hands-on, active self-defense techniques and strategies. The final class in the series is a culmination of the material presented where three separate, active simulation scenarios are given to students to apply what they have learned in the classroom.

Participation in this course does encourage a moderate level of activity; however, women of all ages and abilities are encouraged to attend. The philosophy of RAD instructors is that this program should be easy to learn, easy to retain, and relatively easy to employ during real confrontational situations. Chief McDaniel of the Windsor Heights Police Department, and long-time certified RAD instructor states, "The objective of the basic RAD program is to develop and enhance the options of self-defense so that they may become viable options for a woman who is attacked. We work with our students to educate them on general awareness issues and also strive to create confidence in the application of some basic self-defense techniques."

Interested women, high school age and above, may contact Officer Woods at the Windsor Heights Police Department during normal business hours at (515) 645-6829 or e-mail her at awoods@windsorheights.org with questions. Registration for the course will begin Friday, March 1 at City Hall, 1133 66th Street.

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. The City is excited about the variety of presentations lined up this year for its residents. Starting on Tuesday, February 25 and continuing on the fourth Tuesday of each month through May, we hope the information provided will assist homeowners in our efforts in becoming a greener community.

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 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 rescheduled due to weather conditions.

TUESDAY, FEBRUARY 25 – 6:00–7:00pm – *Trees Forever*, Leslie Berckes. In her role at *Trees Forever*, Leslie serves as a program manager and field coordinator for the central Iowa region working with volunteers and organizations on projects such as tree plantings, tree care education, native prairie plantings and more. Leslie enjoys sharing information on the programs that *Trees Forever* offers and helping Iowa towns take advantage of these programs to make their communities vibrant places to live. Leslie will present information on how to care for the trees in your yard, proper planting techniques just in time for spring planting season, the benefits and stresses facing our trees and more.

TUESDAY, MARCH 25 – 6:00–7:00pm – Iowa Urban Conservationist, Jennifer Welch. Jennifer Welch is an Urban Conservationist with the Polk County Soil and Water Conservation District. She encourages developers and homeowners to use urban conservation practices. Urban landscapes generate runoff with almost every rainfall event. Conservation measures capture and infiltrate stormwater and reduce a property's contribution to water quality degradation, flashy stream flows and flooding. Jennifer will provide information to homeowners on practices they can use on their own properties such as rain gardens, prairie plantings, infiltration trenches and other infiltration and conservation practices.

TUESDAY, APRIL 22 – 6:00–7:00pm – Debris Management in Windsor Heights, Public Works Director, Jason VanAusdall. Jason VanAusdall is the Public Works Director with the City of Windsor Heights. Jason has recently been a part of a Capital Crossroads initiative on a Debris Management Plan in the metro area and increasing local government collaboration. He will provide information to residents on the process in the event of large scale disasters (i.e. assessing tree damage) and the impending Emerald Ash Borer threat to our trees.

TUESDAY, MAY 27 – 6:00–7:00pm – Make Your Own Rain Barrel, Darren Fife. Darren Fife is a resident of Windsor Heights and a member of the Walnut Creek Watershed Coalition. Darren is an advocate for water conservation and will show homeowners how easy it can be to capture runoff and reuse just as he does at his own home.



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Ola's cake

Moist cake is rich with family tradition

By Josephine Main

This cake recipe came to our family by way of my younger sister's godmother, who baked it every year for my sister's birthday.

As time passed, Mom started baking the cake. It was a big hit at any family gathering and became famous among my friends at Central College. One of my suite mates called it "social security," since once word got out I had some visitors would flock in.

This was the first birthday cake I ever made for my husband, and it has remained his favorite. I asked him one year if he would like something different, and his response was, "Are you insane?"

This is a wonderfully moist cake with a rich cocoa flavor. I top it with a fudgy buttercream frosting, and it pairs beautifully with vanilla ice cream.

A few tips on baking the cake: If you don't have buttermilk, you can use sour milk. Pour a tablespoon of vinegar into a measuring cup and add enough milk to make one cup. Stir it and let it set a minute or two. Let the butter, eggs and buttermilk sit out of the refrigerator for awhile to knock the chill off of them before you mix the cake. And don't be alarmed when you pour in the boiling water — it makes the batter really thin, but that's the way it's supposed to look. Use a spatula to blend things thoroughly after you add the boiling water; if you use a stand mixer, at that point you'll have a chocolate-covered kitchen.

To make sure the cake is done, poke the center with a toothpick. If the toothpick comes out clean, the cake is done. Cool it, frost with your favorite frosting and enjoy! ■



Ola's cake

Ingredients

- 1-1/2 sticks butter
- 2 cups sugar
- 2 eggs
- 2 teaspoons vanilla
- 2-1/2 cups flour
- 1 teaspoon salt
- 2 teaspoons soda
- 1/2 cup cocoa
- 1 cup buttermilk
- 1 cup boiling water

Directions

1. Cream butter and sugar well. Add eggs one at a time, add vanilla.
2. Add sifted dry ingredients alternately with butter milk, blend well.
3. Add boiling water and blend well.
4. Pour into greased and floured pan(s) and bake at 350 degrees, 45 minutes for a sheet cake or 35 minutes for two 9-inch layers. Do not overbake. Test center with toothpick.

Josephine Main enjoys carrying on her family's culinary traditions.



Photo by Lucas McMillan

Sharlene Ford and her Scentsy van.

A fine scent

Ford hosts fragrant events in her garage

By Lucas McMillan

Sharlene Ford had worked in nursing for 14 years before having to go on disability in 2010 because of health issues. She was searching for a job she could do from home when she saw a product on her sister's table that changed the course of her career.

"My sister had a Scentsy wax warmer, and I fell in love with it," she says. "My sister loves their products, so I love them, too."

Ford became an independent consultant for Scentsy shortly after that. The company relies on a network of independent consultants plugged in to their local communities to help sell products. One of the main ways consultants do this is through "fragrance parties," hosted events when groups of friends get together to sample items.

Ford has hosted a wide variety of events out of her own garage, as well as traveled to host parties at other people's homes.

The back of Ford's mini-van sports an ad for her service, and she says it's received all sorts of attention on the road.

"I've had people flag me down and stop me, wave at me while they're next to me in traffic," she says. "I've even had people call and say, 'I'm behind you right now. Can you do parties?'"

Early on in her career with Scentsy, Ford says one of her sponsors in the company told her to always "give more than you take." Since then, she says, that's become the motto for her business. She has done fundraisers with churches and schools and even donated her sales commission from the brand's scented stuffed animals to the Ronald McDonald house. Ford has also joined the Windsor Heights Chamber of Commerce to help participate in community events.

"What I do doesn't feel like a job," she says. "I love it." ■

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



Jeff Fiegenschuh and April Routier at the Ugly Sweater Celebration at the Windsor Heights Community Center on Dec. 12.



Sheena Danzer and Matt Nuetzman at the Ugly Sweater Celebration at the Windsor Heights Community Center on Dec. 12.



Matt Reiff and Josh Torkelson at the Ugly Sweater Celebration at the Windsor Heights Community Center on Dec. 12.



Sherry Borzo, Allison Carlson and Megan Mounsey at the Ugly Sweater Celebration at the Windsor Heights Community Center on Dec. 12.



Haleigh Medved, Lucas Nerhus and Ashley Lambson at the Ugly Sweater Celebration at the Windsor Heights Community Center on Dec. 12.



Jennifer Bolton and Emily Kaldenberg at the Ugly Sweater Celebration at the Windsor Heights Community Center on Dec. 12.

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MAKING SENSE OF INVESTING

Be aware of risks of not investing

You've no doubt heard about the risks associated with investing. It is true that all investments do involve some form of risk. But what about not investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

- **You might not keep up with inflation.** If you put all your money in "cash" instruments and very short-term investments, you might think you are "playing it safe." After all, you might reason, your principal is protected, so even if you don't really make any money, you're not losing it, either. But that's not strictly true, because if your money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild 3 percent annual inflation rate, your purchasing power will decline by about half in just 25 years.

- **You might outlive your money.** For a 65-year-old couple, there's a 50 percent chance that one spouse will live past age 90, according to the Society of Actuaries. This statistic suggests you may need your investments to help provide enough income to sustain you for two, or even three, decades in retirement.

- **You might not be able to maintain your financial independence.** Even if you don't totally run out of money, you could end up scrimping by — or, even worse, you could become somewhat dependent on your grown children for financial assistance. Consequently, you'll want



to make appropriate financial decisions to help maintain your financial independence.

- **You might not be able to retire on your terms.** You would probably like to decide when you retire and how you'll retire; these choices may be taken out of your hands if you haven't invested enough to retire on your own terms.

- **You might not be able to leave the type of legacy you desire.** You would probably like to be able to leave something behind to your family and to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years and as you move toward retirement to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great. ■

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

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Meet Gloria Gomez-Moore

Teaching faith to growing students

By Rainey Cook

The best part of St. Theresa School for Gloria Gomez-Moore is the community atmosphere between the students, teachers, parents and even Father Mark. First as a volunteer, then a substitute teacher and now as a part-time teacher, Moore loves her position that is right in the middle of all the community.

Her classroom walls are adorned with posters that read "Pray" and faith notes that include upcoming events and acts of service. For her sixth, seventh and eighth graders, the room is open, spacious and welcoming of all their questions about life, faith and Catholicism.

As a faith leader, Moore's role is to help her students with decision making, leadership skills and problem solving. She speaks of all the questions they have, how they really do want to be of service to others and how it's her job to help them find an avenue to be able to do just that.

"Each student has a gift," Moore says. "It really is our job to differentiate our curriculum for them."

The top three things she focuses on for her 11- to 14-year-olds is first, reflection on their faith. This is done by keeping a daily journal and answering faith-filled questions. Second, Catholic identity and what makes them Catholic. Lastly, how they can continue serving others as they



Photos by Rainey Cook

Gloria Gomez-Moore teaches sixth, seventh and eighth grade students at St. Theresa School.

do at St. Mary's shelter by giving personal care items or by serving lunch at Connection Café.

In addition to her faith teaching, Moore has been instrumental in starting the Talking Canvas Program. It's a parent volunteer program that allows parents to present an artist and a print once a month as well as create an art project for the students.

For January Moore plans to spend time teaching her students about social justice, making sure they understand their own rights and responsibilities and most importantly, helping others obtain their own rights.

Moore has taught in Des Moines, Iowa City, Los Angeles, Calif., and finally, her favorite, St. Theresa School.

"I love the small-town feel of Windsor Heights," she smiles. "I wouldn't live anywhere else." ■



Photos by Rainey Cook



Barbra and Tim Dempsey love the 1960's details in their Colby brick home.

Another Colby delight

Dempseys are right at home in iconic house

By Rainey Cook

Once again the Colby brick ranches of Windsor Heights prove to be wonderfully amazing homes. It's no exception at 7005 Del Matro.

Since move-in day on Jan. 1, 1997, owners Tim and Barbra Dempsey have felt at home.

"We loved the layout of the home when we first saw it," says Barbra. "The hardwood floors are original, and the narrow doors to the bathrooms are original. We even like that the white tile in the main bathroom is original."

The couple agrees they like the color of the tile in each bathroom — white and peach. They are even happier it's not rose pink or baby blue, which is not surprising to see in some of the Colby ranches built during this era.

The living room of this home boasts picture windows on both the north and south sides. The south windows display many large, healthy house plants. The north side provides a beautiful view of their backyard and all the many mature trees.

The couple also loves the fact the home came with an apartment-style set up in the basement. Once finished for a past owner to

give sewing lessons, it was next redone as the mother-in-law living space and is now a rental for the Dempseys.

Upstairs, Barbra's faith-sharing group rotates to different homes to gather and share their faith together.

"It was nice to have my turn during Christmas last year," says Barbra. "We invited all spouses and had a potluck here."

This Colby brick has once again proven to be a lovely home to rear three children and meet new grandchildren in. Since the children have left, the couple giggle that they now have too much space.

This home has been updated to live comfortably, yet the parts of the home echo back to the '60s are exactly what make it a delight.

The home maintenance they've completed includes a new roof, new windows and support beams on the front porch. They've also taken out a wall to make the kitchen bigger, which has allowed for a countertop and flat range.

Too much space now or not, this couple likes their home and its location... friendly Windsor Heights. ■

What do you like best about your teacher?



Abby Kelis: "I like that she is always really nice and caring and she helps everybody."



Will Donaghy: "When she gives us projects they really help us with our tests."



Adam Jackson: "I like the journals we do in class correspond with events outside of school."



Jennifer Ly: "I like how makes fun comments about what we are talking about."

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legal briefs

By Madina L. Nguyen

Legal and financial essentials

Documents everyone should have in place

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

Here are six legal and financial essentials every person should have:

A last will and testament directs the distribution of your assets upon death. Without a will, your property will be distributed according to state laws. This may not be the division you want, and it could be costly for your heirs to adjudicate. Your will leaves assets to your chosen beneficiaries, names a guardian for your minor children and appoints a person to carry out your wishes.

Surveys show more than half of American adults do not have a will; more than 40 percent of people age 45 or older do not have a will, according to a recent AARP survey. If you already have a will, remember to review it every few years or after a life-changing event such as a marriage or birth.

When drafting a will, you should also draft a durable power of attorney. This document gives a spouse, family member or trusted friend the ability to help you with your finances should you become incapacitated.

If you are too ill to speak for yourself, you can express your wishes through a living will. This advance directive lets you detail your preferences for your care. Without a medical directive, difficult decisions will typically be made by a spouse, children, parents or a doctor — and conflicts can easily arise. A living will should be accompanied by a health care power of attorney, which nominates a specific person to make any and all medical decisions for



you. The two work together; your appointed agent must follow the instructions you leave in your living will.

Although some employee benefit plans provide life insurance, it may not be enough. One rule of thumb is to have insurance equal to at least five times your annual income. Of course, the actual amount will depend on the future financial needs of your dependents and the amount of savings you have.

Social Security Administration studies show that a 20-year-old worker has a 30 percent chance of becoming disabled before reaching retirement age. Can your savings cover you for a long period without income? If the answer is “no,” disability insurance is crucial. It protects a certain amount of your income if an accident or serious illness keeps you from working for months or years at a time.

Contact an experienced attorney to start the process of updating your estate plan. ■

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

2014 Chamber Board announced

Special events scheduled for winter months

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

A dozen years ago leaders in Windsor Heights saw the value of establishing a Chamber. Over time the organization has morphed and activities have changed, but the mission to encourage a prosperous business community has remained. We are thankful for the volunteers and members who have supported the Chamber in the past, and excited with the leaders who now step up to continue the work. We announce the Chamber Board for 2014:

- Betty Ridout: Chamber Board President, Bankers Trust
 - Steve Peterson: Vice President, Pioneer, City Council Member
 - Brook Wade: Treasurer, Bankers Trust
 - Dave Moench: 3E
 - Matt Cale: State Farm Agency
 - Flo Hunter: Retired teacher
 - Leng Vong Reiff: Akili Design, President-elect, Whypro chair
 - Jeff Fiegenschuh: City of Windsor Heights administrator
 - Sherry Borzo: Storied Gifts, business brainstorm organizer
 - Faith Dorn: Midwest Heritage Insurance Services
 - Britt German: Walnut Creek YMCA
 - Dr. Allison Carlson: Carlson Chiropractic
 - Michael Libbie: Insight Advertising, Marketing and Communications
- Please join in welcoming the

new board members and those who continue in service to our community.

And now for something hot. Just when you think you can't take another bleak day of winter the Windsor Heights Chamber will be hosting its annual dinner event in the form of a Chili Cook-Off. Member businesses will be set up at stations throughout the Community and Events Center on the evening of March 27, to vie for your votes as the best chili-cooker in these parts.

If you're a merchant who wants to compete, we dare you, we double dare you. If you're a person looking for good eats and a chance to warm yourself by the fire, then head on down.

Look for more details to follow soon, but if you have a hankering to know more, contact us at windsorheightschamber@live.com.

Upcoming Events:
Windsor Heights Chamber Lunch, Monday, Jan. 20, noon to 1 p.m., Angelo's Pizza, 1238 Eighth St., West Des Moines

Legislative Coffee, Saturday, Jan. 25, 9 to 10:30 a.m., 3E Conference Room, 953 73rd St. Windsor Heights. Open to the public

Windsor Heights Chamber Chili Cook-Off, Thursday, March 27, 5 to 8 p.m., Windsor Heights Community and Events Center. ■

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.

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 \$3 full bowl

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

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Marty Turner and Kelli Orton at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Casey Roberts and Michelle Gray at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Mary Brannen and Mary Anne Waddell at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Tim Hamman and Eric Lahart at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Andy Gaumer and Brandon Larimer at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Sara Deugan and Natalie Patterson at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Megan Dawson and Dave Hagen at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Brett Reed and Jerry Tansey at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Shelly Kemp and Shirley Chicoine at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Chad Halsne and Udoh Nkanta at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Trish Nelson and Suada Dizdarevic at the Windsor Heights Hy-Vee wishing you a Happy New Year.



Sara Rohlfen and Austin Damm at the Windsor Heights Hy-Vee wishing you a Happy New Year.

See more photos online at www.iowalivingmagazines.com



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(515) 643-6090

North

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

West

Mercy West Pediatric Clinic
1601 NW 114th St., Clive
(515) 222-7337

Q. How can I teach my children about fire safety?

A. Educating your children about the dangers of fire is one of the best ways to keep your family safe in the event of a fire emergency. Children of all ages need to understand the precautions that should be taken to help prevent fires in the home and should know what to do if a fire does occur. Here are a few tips for keeping your family safe:

1. Install smoke alarms in the house, test the alarms on a monthly basis and replace the batteries at least once a year.
2. Create an escape plan, including two exits from every room and a meeting place outside where everyone will come together after evacuating.
3. Hold fire drills at least twice a year to practice the escape plan.
4. Teach children how to call the fire department for help and make sure they know their home address.
5. Stop, drop and roll! Talk to you children about what they should do to extinguish flames if an article of clothing catches on fire.

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** (515) 288-3334
A SPIRIT FOR LIVING **WesleyLife.org**

The Ministries of WesleyLife

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

