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Living

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TRUCK DYNASTY

**WINDSOR HEIGHTS RESIDENTS
AND THEIR BIG RIDES**

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Pick one up

Trucks have come a long way since Chevrolet introduced its 490 Light Delivery chassis cowl in 1918 for \$595, or when Ford launched the first factory-assembled pickup in 1925, retailing for \$281. They are a lot fancier now, and they cost a bit more, too.



Today's new trucks, with price tags of some small homes, have many of the comforts of luxury automobiles including fine leather seats, power moon roofs and even fuel-efficient engines. They are hardly a "pickup" these days, as many of these trucks aren't even daily drivers and hardly have a scratch in their truck beds. You can even see your reflection in their clear coat finishes.

Now that's not to say that there aren't working class trucks that are hauling loads, as there certainly are. There's also a growing interest in restoring some of these old trucks back to their original form. But regardless of what truck you have or how you use it, there's something to be said about owning one. Every guy I know who has a truck wouldn't give it up for any vehicle, and every guy I know who doesn't have one wishes he did. It's a right of manhood, you might say. And trucks come in quite handy, too.

This month we share interviews with local residents and their thoughts on their much beloved trucks. They share their passions for these vehicles and what piqued their interests in owning them.

Who knows? After reading this, you may even pick one up, too. 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.

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inside

- 5 Cover story**
Truck dynasty
- 8 Calendar**
A comprehensive list
- 11 Senior living**
Staying connected
- 13 Education**
Meet Mindi McCoy
- 14 City newsletter**
Windsor Heights news
- 19 Insurance**
Time for a checkup
- 20 Recipe**
French country chicken
- 21 Finance**
Coping with turbulence
- 24 Where we live**
Meant to be
- 27 Chamber**
News of local events



Page 5



Page 13



Page 24

On the cover: Jim Berg. Photo by Alan Cross.

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Photo by Alan Cross

TRUCK DYNASTY

WINDSOR HEIGHTS RESIDENTS AND THEIR BIG RIDES

By Alan Cross

Little boys dream about them. Men have written songs about them. Almost every guy remembers their first — pickup truck, that is.

Owning and driving a pickup truck is almost a rite of passage for many men.

There is something about sitting high behind the wheel while driving down an open highway, or hauling rock or gravel on muddy roads then washing and polishing it up to take your favorite girl dancing on a Saturday night.

One of his own

Jeffrey Fiegenschuh wanted to own and drive a pickup truck since he was a little boy. He finally fulfilled that wish a couple of years ago when he took the job as Windsor Heights city administrator.

"I was living and working in Princeton, Ill., at the time, and I had just

purchased it when I got this job," says Fiegenschuh. "It really came in handy when I moved here. It allowed me to pack and haul a lot of items."

Fiegenschuh owns a 2010 Ford F-150 Supercrew XLT with 4x4 drive. He says it was almost brand new when he bought it in 2012 with just 700 miles on it.

"It now has 60,000 miles on it, but it still runs and drives great," he says.

Fiegenschuh's love of pickups began as a young boy while growing up in Nebraska.

Top: Windsor Heights City Administrator Jeff Fiegenschuh always wanted a truck when he was a young boy growing up in Nebraska. He realized that dream a couple of years ago when he purchased his 2010 Ford F-150.



Photo by Alan Cross

Craig Becker of Windsor Heights and his daughter, Kelsey, stand in front of their 2007 Chevrolet Silverado 1500 HD. The truck is unique in that it has quadra drive steering.

"I think it is a Midwestern thing for boys to own and drive a pickup," he says. "I was certainly no exception. I wanted a pickup to drive around like many of my friends."

Circumstances prevented Fiegenschuh from owning a pickup until just a couple of years ago.

"Now I got one," he says. "My goal is to take good care of it and maintain it regularly so I can drive it for a long time."

Fiegenschuh says he changes the oil when he is supposed to and wants to get an undercoated treatment to prevent rust damage caused by the salt solution used on the highways in the winter.

By doing the required maintenance, Fiegenschuh says he hopes to have his truck in good running shape for years and miles to come.

"Years ago, people thought about junking a vehicle when it reached 100,000 miles," he says. "Vehicles today can go another 100,000-200,000 miles and still be in good running shape with proper maintenance. My goal is to have at least have 400,000 on my truck before I think about getting rid of it."

Fiegenschuh's truck has a 5.6 liter V-8 engine — not the greatest for gas mileage.

But, says Fiegenschuh, his truck can run on E85 fuel, a mixture of 15 percent regular gas and 85 percent ethanol.

"It does cost me a little less at the pump using the E85 fuel as opposed to regular gasoline," he says. "That helps with keeping the fuel costs down. I also rarely engage the 4x4 feature because it uses more gas when I use it."

Still, he says, the truck has a 30-plus gallon capacity, and it does cost quite a bit to fill it up.

"That is the major drawback of owning and driving a truck like this, but at the same time, it's something I can live with," he says.

The inside of his truck features a six-disc CD player, and MP3 and Bluetooth connections.

"The only thing it doesn't have is a built in GPS," he says. "The crew cab allows me to take family and friends on trips, and they can ride comfortably back there."

Fiegenschuh says the next major purchase he has to make for his truck is getting new tires, and that purchase will also help improve the gas mileage.

"I always wanted a pickup," he says. "Now I got one; I am keeping it as long as I can."

Where others can't go

"I have been driving trucks ever since 1976 — nearly all my life," says Jim Berg of Windsor Heights. "I just prefer driving a pickup over a car."

Berg is leasing a 2012 Ford F-150 Supercrew cab with 4x4 drive. For him, owning a truck is an essential element of his job with Iowa Homeland Security and Emergency Management Department. He helps communities recover from natural disasters such as tornadoes, flooding and severe ice storms.

"My pickup will allow me to go to areas I couldn't reach with a car," he says. "We have government cars to drive when we are going to meet with city or county officials, but there are times I

need a higher wheelbase than what a car has."

Berg's pickup has everything a truck owner could want. First, the full crew cab means his family members, friends and co-workers can ride along with him in comfort, even on long trips.

The mileage is pretty good, too.

"I get around 18-21 miles to the gallon on the highways and a little less than that in the city, maybe 12-14 miles to the gallon," he says.

The truck's springs and suspension are sturdy enough to haul big loads, says Berg, but not so stiff that it affects the ride of the truck.

"Pickups were first made to haul loads," says Berg. "They weren't necessarily made for riding comfort. But the engineers over the years have really improved things to where a truck can handle a heavy load, but still ride nice and smooth."

Berg says he has driven his truck to Memphis several times to visit his daughter.

"Smooth as glass," he says about his truck's performance on the road. "I have never felt beat up after a long trip in this pickup like I have in some of the previous trucks I have owned."

There are a lot of comforts on the inside as well. The truck has leather seats that, with a turn of a dial, can be heated or cooled depending on the season. It has a sunroof so he can experience that "open air" feeling while driving down the highway.

His truck also has Sirius satellite radio, in addition to AM/FM. It has Bluetooth connection so he can conduct business for his work over the phone without having to take his hands off the wheel. He

can also hook up his iPod and listen to songs over the radio.

"It's pretty luxurious," Berg says. "This sure beats the first pickup I owned back in 1976. Like I said, I have owned and driven a lot of different kinds of pickups over the years. This, by far, is the best I have ever driven.

"I guess I just wanted to treat myself when I got this truck."

Looks like it's broken

Sometimes Craig Becker of Windsor Heights will find a note on his truck after a day of shopping. He laughs each time.

"They think my truck is unsafe to drive," he says. "That's because they see the back wheels turned inward or outward at odd angles, and they think the axle must be broken."

But having back wheels turned at a different angle instead of being straight is normal for a truck that has quadra drive or quadra steer technology like Becker's 2003 Chevrolet Silverado 1500 HD has.

"It's useful to have sometimes," says Becker.

Becker purchased his truck in 2005. At the time, it had 36,000 miles. It now has 76,000 miles, an average of less than 5,000 per year.

"I work in Windsor Heights, and my daughter goes to school just down a couple of blocks

to the Windsor Heights Elementary School," says Becker. "I don't put on a lot of miles on it during the week. Most of the miles come from taking one or two long trips a year."

And since he doesn't put a lot of miles on his truck, Becker says he only fills it up with gas once every three or four weeks.

"It has a six liter engine and gets maybe 12-13 miles to a gallon in the city," says Becker. "That's not real great, but I don't have to put gas in as much since I don't drive it all that many miles."

One of the things Becker likes about the truck is its payload capacity. He's done a lot of remodeling to his home, and even some landscaping.

"My truck can haul up to 3,000 pounds," he says. "It came in real handy last year when I put in several trees in the backyard."

Despite its toughness, Becker says his truck is a smooth ride. It's posh on the inside as well with a Bose CD player among other things.

"My daughter can plug in her headset in the back and listen to her CDs while my wife and I can listen to what we want on the radio," he says.

Becker says he plans on keeping his truck for six years when his youngest daughter, Kelsey, graduates from high school.

"It will be barely broke in when I sell it," says Becker with a smile. ■



Photo by Alan Cross

It's been smooth riding for Jim Berg in his 2012 Ford F150.



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Friday, March 21

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



Monday, March 24

- WDMEA Exec. Board Meeting, 4:30 p.m.

Tuesday, March 25

- Sustainable Living Spring Educational Series, Jennifer Welch, Urban Conservationist with Polk County Soil and Water Conservation District, free and open to public, 6-7 p.m., Community and Events Center.
- Do Business Windsor Heights, 7:30-8:30 a.m., Akili Design and Marketing Services.
- RHS V Girls/Boys Track at Simpson College, 4 p.m.
- VHS V Boys Track at Simpson College, 4 p.m.

Wednesday, March 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.
- RHS Spring Sports Parent Meeting, 6:30-8 p.m., Auditorium.

Thursday, March 27

- Greater Des Moines Garden Club Meeting, Jim White of Bates Flower Shop, Grinnell, Floral Design, 1 p.m., Westminster Presbyterian Church.
- Chamber of Commerce Chili Cook-Off, 5-8 p.m., Community and Events Center.
- RHS V Boys Track at Johnston, 4:30 p.m.
- VHS JV/V Boys Track at Johnston, 4:30 p.m.
- VHS JV/V Girls Track at Ankeny, 4:30 p.m.

Friday, March 28

- VHS JV/V Girls Track at Ames, 4:30 p.m.

Saturday, March 29

- Celebrate Bosnia and Herzegovina with CultureALL, doors open at 6, program begins at 6:30 p.m., Windsor Heights Community and Events Center.
- Hazardous Waste Drop-Off Event, visit www.windsorheights.org for more info, Johnston Public Works, 6400 N.W. Beaver Ave.
- RHS V Boys Track at DM East, 10 a.m.



Monday, March 31

- VHS 8 Boys Track at Simpson College, 4:30 p.m.
- VHS JV Boys Track at Urbandale, 4:30 p.m.

- 4:30 p.m.
- VHS Drum Line Auditions, 5-9 p.m., VSW Band Room.
- VHS JV Boys Soccer at Dowling, 4 p.m.
- VHS JV Boys Track Invitational, 4 p.m.



Tuesday, April 1

- April Fool's Day
- DMPS Board Meeting, 6 p.m.
- VHS JV/V Boys Tennis at Waukee, 4 p.m.
- VHS JV/V Girls Tennis vs. Waukee, 4 p.m.
- VHS JV/V Girls Track at Waukee, 4 p.m.
- VHS 8 Girls Track Meet, 4:30 p.m.
- RHS V Girls Track at Waukee, 4:30 p.m.

Wednesday, April 2

- 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, April 3

- Iowa Cubs vs. Memphis at home, 6:35 p.m.
- VHS JV/V Boys Track at SEP, 4:30 p.m.
- RHS V Girls Track at Ankeny, 4:30 p.m.

- RHS Spring Drama, 7:30 p.m., Auditorium.

Friday, April 4

- Iowa Cubs vs. Memphis at home, 7:05 p.m.
- RHS Spring Drama, 7:30 p.m., Auditorium.
- VHS 8 Boys Track at Ames, 4:30 p.m.

Saturday, April 5

- Iowa Cubs vs. Memphis at home, 7:05 p.m.
- RHS Spring Drama, 7:30 p.m., Auditorium.
- RHS V Girls/Boys Track at Valley, 11 a.m.
- VHS V Boys Tennis Invitational, 9:30 a.m.
- VHS V Girls Soccer at Urbandale, 10 a.m.
- VHS JV/V Track Invitational, 11 a.m.



Sunday, April 6

- Iowa Cubs vs. Memphis at home, 1:05 p.m.

Monday, April 7

- Iowa Cubs vs. Nashville at home, 6:35 p.m.
- City Council Meeting, 6 p.m., City Hall.
- RHS JV/V Girls Tennis vs. Ames, 4:30 p.m.

- 4 p.m.
- RHS V Boys Track at Fort Dodge, 4:30 p.m.
- RHS 9/JV/V Boys Soccer at Norwalk, 4:45/6/7:30 p.m.
- WDMPS Board Meeting, 7 p.m.
- Northside 6th Grade Band Concert, 6:30 p.m., Clive Gym.
- Southside 6th Grade Band Concert, 6:30 p.m., Fairmeadows Gym.



- VHS 9/JV/V Girls Soccer vs. Waukee, 4:45/6/7:30 p.m.

Wednesday, April 9

- Iowa Cubs vs. Nashville at home, 12:05 p.m.
- 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 9/JV/V Boys Soccer vs. Ankeny Centennial, 4:45/6:15 p.m.
- RHS Sharks Annual Pagent, 7:30 p.m., TRHS Pool.
- Crestview 4th Grade Music Program, 6:30 p.m., Crestview Gym.
- VSW Coffee Concert, 6 p.m., Rex Mathes Auditorium.
- VHS 8 Girls Track at Ankeny, 4:30 p.m.
- VHS JV/V Boys Track at Urbandale, 4:30 p.m.
- VHS JV/V Girls Track at Simpson College, 5 p.m.
- VHS JV Boys Soccer vs. Norwalk, 5:30 p.m.



Saturday, April 12

- RHS Sharks Annual Pagent, 7:30 p.m., TRHS Pool.
- RHS V Girls/Boys Track at Drake, TBD.
- RHS V Boys Soccer Tournament, 10 a.m.
- ACT Test Date
- VHS Prom, 8 p.m.
- VHS V Boys Soccer at Urbandale, TBD.
- VHS V Girls/Boys Track at Drake, 8:30 a.m.
- VHS JV/V Girls Tennis at Johnston, 9 a.m.



Tuesday, April 8

- Iowa Cubs vs. Nashville at home, 6:35 p.m.
- RHS V Girls Golf at Perry, 4 p.m.
- RHS JV/V Girls Tennis at Urbandale, 4 p.m.
- RHS JV/V Boys Tennis vs. Urbandale, 4 p.m.
- RHS JV/V Girls Soccer vs. Norwalk, 4:45/6:15 p.m.
- VHS JV/V Boys Tennis vs. Iowa City West, 4:15 p.m.
- VHS JV/V Girls Track at Ames, 4:30 p.m.

Thursday, April 10

- Iowa Cubs vs. Nashville at home, 12:05 p.m.
- RHS Spring Show Choir Concert, 7 p.m., Auditorium.
- RHS JV/V Boys Tennis at Ankeny Centennial, 4 p.m.
- RHS JV/V Girls Tennis vs. Ankeny Centennial, 4 p.m.
- RHSV Girls Track at Indianola, 4:30 p.m.

Friday, April 11

- RHS Sharks Annual Pagent, 7:30 p.m., TRHS Pool.
- VHS JV/V Girls Tennis at Boone, noon.
- VHS 9/JV/V Boys Soccer at DM Lincoln, 4:45/6:15 p.m.
- VHS JV/V Girls Soccer vs. DM Lincoln, 6/7:30 p.m.

Sunday, April 13

- Palm Sunday

Monday, April 14

- VHS V Girls Golf at Urbandale,

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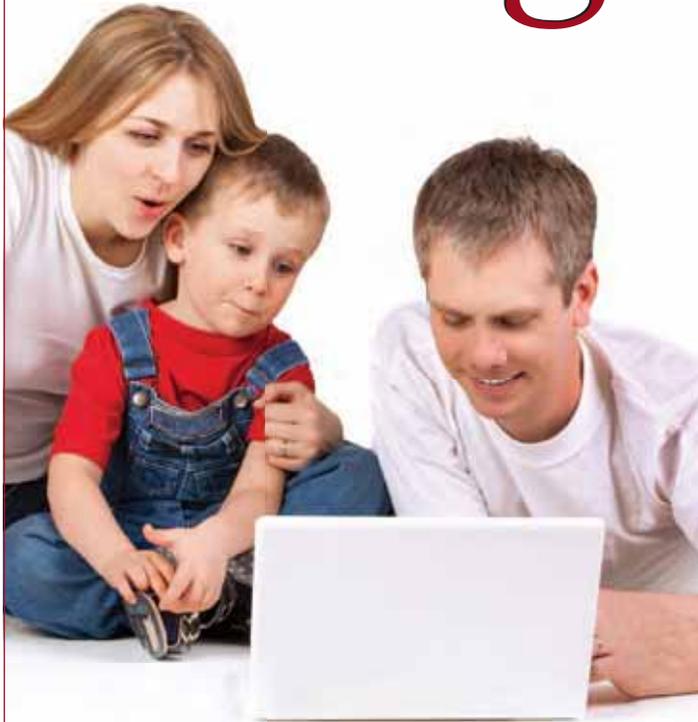
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2 p.m.

- VHS 9/JV/V Boys Soccer vs. Waukee, 4:45/6/7:30 p.m.
- VHS JV Boys Track at Waukee, 5 p.m.

Tuesday, April 15

- Iowa Cubs vs. New Orleans at home, 6:35 p.m.
- DMPS Board Meeting, 6 p.m.
- RHS JV/V Girls Golf vs. Indianola, 3:30 p.m.
- RHS JV/V Boys Tennis vs. DM Hoover, 4 p.m.
- RHS JV/V Girls Tennis at DM Hoover, 4 p.m.
- RHS V Girls Track at Ames, 4:30 p.m.
- VHS JV/V Girls Golf vs. Marshalltown, 3:30 p.m.
- VHS JV/V Boys Tennis at Marshalltown, 4 p.m.
- VHS JV/V Girls Tennis vs. Marshalltown, 4 p.m.
- VHS 8 Girls/Boys Track at Waukee, 4 p.m.
- VHS JV/V Girls Track at Ames, 4:30 p.m.
- VHS 9/JV/V Girls Soccer vs. Dowling, 4:45/6/7:30 p.m.

Wednesday, April 16

- Iowa Cubs vs. New Orleans at home, 12:05 p.m.
- 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 Senior Banquet, 6 p.m., Holiday Inn (Downtown).

- VHS JV Girls Golf at Johnston, 3 p.m.

Thursday, April 17

- Holy Thursday
- Iowa Cubs vs. New Orleans at home, 12:05 p.m.
- WHYPro Social, 5:30 p.m.
- RHS V Girls Golf at Marshalltown, 10 a.m.
- RHS JV/V Boys Tennis at Indianola, 4 p.m.
- RHS JV/V Girls Tennis vs. Indianola, 4 p.m.
- RHS V Boys Track at Waukee, 4:30 p.m.
- VHS JV/V Girls Tennis at SEP, 4 p.m.
- VHS JV/V Boys Tennis vs. SEP, 4 p.m.
- VHS 8 Girls Track at Indianola, 4 p.m.
- VHS 8 Boys Track Meet, 4 p.m.
- VHS JV/V Boys at Iowa City, 4:30 p.m.
- VHS V Girls Track at Iowa City, 4:30 p.m.

Friday, April 18

- Good Friday
- No School - WDMPS
- Iowa Cubs vs. New Orleans at home, 7:05 p.m.
- RHS 9/JV/V Girls Soccer vs. Marshalltown, 4:45/6:15 p.m.
- RHS 9/JV/V Boys Soccer at Marshalltown, 4:45/6/7:30 p.m.
- VHS 9 Boys Soccer at Waukee, 4:45 p.m.
- VHS V Boys Soccer Tournament, 5:30 p.m.



View events and happenings from this community and others at www.iowalivingmagazines.com

Staying connected

Seniors benefit from electronic media

By Susan Ray, executive director, The Reserve

Social isolation is a real concern for seniors. As seniors age in place, it is important to understand the hazards of becoming socially isolated and inactive. Social isolation occurs when there is a lack of communication with others. This results in the senior feeling lonely. Studies have shown that loneliness in the elderly raises the potential for certain health risks, including depression, high blood pressure and heart disease.

Staying socially connected has a positive impact on the health, well-being and quality of life in our senior population. In today's society, families are being spread across the country and even across the world. Actual family visits to interact and reconnect are infrequent at best.

The use of today's technology may be used as a bridge to stay connected no matter where your family or friends may be. Technology isn't just for young people; it's also changing the way senior citizens age. People of all ages are using the Internet, cell phones and other technologies to stay connected with family and friends. In a matter of a few "clicks" on a device the senior can send a message to his or her son, receive a photo from a granddaughter or email an invitation to the annual family summer picnic. While younger people are typically the "experts" on these new resources, many older adults also utilize the Internet, social media and cell phones to communicate. Who said "old dogs can't learn new tricks?" The Pew Research Center estimated that 56 percent



of the 65 and older population is currently online.

Using other tools like various social media sites, Skype and FaceTime can help your aging loved ones stay connected to the people they love the most. Seniors are turning to social networks for companionship and support. Social networking provides opportunities for seniors to meet new people, stay in touch with family and friends and reconnect with old friends. The use of these tools not only are bridging the generational gap with grandchildren and great-grandchildren, but allows them to communicate with other social groups at a stage in their life when it is often difficult to do so. It serves as a means to reach out and be connected without feeling awkward or intimidated.

Technology creates multiple opportunities for learning, growth, education, activity and, most of all, a means for staying connected to your loved ones. ■

Information provided by Susan Ray, executive director, The Reserve on Walnut Creek, 2727 82nd Place, Urbandale, 515-727-5927, reserveonwalnutcreek.com.

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Meet Mindi McCoy

Art instructor encourages students' ideas

By Rainey Cook

As energetic and exciting an art exhibit is, the same is true with Mindi McCoy's passion and fever for teaching elementary art.

It's McCoy's second year teaching art at Perkins Academy. There are many things and people she likes about her career here.

"This is the best school I've ever taught at," she says.

The administration is supportive, the teachers are wonderful and they work well together, and the parent involvement is incredible, she continues.

Her students aren't too bad, either. She happily continues speaking about how elementary students don't have fear of art, and they aren't afraid of being judged of their individual art pieces.

"I have students in my classes that are taking private art classes," she says. "They really do love art!"

The art room they get to spend time in is full of color, light, space and imagination. The art tables were painted by a past art teacher who used patterns and repetitions of the right colors that make them zany and fun. Every table top is the same, providing unity.

Each wall has some form of children's art, art history or school art project hanging on it. They study an artist of the month — March is Monet. They are working on painting ceiling tiles for the cafeteria — a gift from the fifth graders.

McCoy is currently working



Photos by Rainey Cook

Mindi McCoy is the art instructor at Perkins Academy.

with the Des Moines Art Festival committee. She is privileged to choose and enter four students' art work for this year's festival June 27 - 29.

Throughout the year McCoy also focuses on her student's character — sharing, cooperating and treating things with respect. She also spends time listening to their ideas and providing avenues for her students to accomplish them.

When not being excited about children's art, art history or art festivals, McCoy uses her newly-purchased home as her own open canvas as she fills it with updated plumbing, new dry wall and fresh paint. You can also find her day dreaming of the smell of spring's top soil and water mix.

McCoy grew up on a farm in Council Bluffs. ■



Joey Zambreno, Mary Zambreno and Tessa Zambreno at the Franklin Library Crafty Readers in Beaverdale on March 11.



Shanna Harrington and Rachael Harrington at the Franklin Library Crafty Readers in Beaverdale on March 11.

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"That she lets us do fun art."



MARCH 2014

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MARK YOUR CALENDARS! ANNUAL SPRING CLEANUP IS MAY 16, 2014

It's time to roll up your sleeves and get rid of the things that you no longer need or want. Don't miss the opportunity to de-clutter your home and have items removed from your curb at no charge; it's a great opportunity to dispose of large household items.

Windsor Heights is hosting its annual Spring Cleanup Friday, May 16. All items must be at the curb by 7:00 a.m. to ensure collection. All small items must be contained in a bag or box.

The following items are NOT accepted:

Appliances, tires, vehicles or major auto parts, building materials, concrete (any size), shingles exceeding 65 lbs., banned substances such as: lead, acid, batteries, oil, explosives, medical waste, drugs, poisons, combustible material, paint and hazardous waste and animal carcasses.

What to do with NOT accepted items?

Appliances – Purchase Large Item Stickers from Hy-Vee or City Hall and call ASI (964-5229) to schedule curbside collection.

Hazardous Waste – House-side Service is available and local Drop-Off Events begin March 29, for more information about either option, visit www.WhereItShouldGo.com/WH.

For more information about how to properly dispose of items, visit www.WhereItShouldGo.com, and then select the Recycling Guide.

HAZARDOUS WASTE DROP-OFF EVENTS

Toxic, Flammable, Keep Away from Children: Do you have items with these types of words on the label? If so, stop storing it and get rid of it. Every year, Metro Waste Authority partners with the western suburbs to help residents get rid of household hazardous waste the safe and smart way.

All metro residents (including Windsor Heights) can attend these west side drop-off events from 8 a.m. to Noon:

March 29, Johnston Public Works, 6400 NW Beaver

May 10, Waukee Middle School, 905 Warrior Lane

June 28, West Des Moines Valley Stadium, 4440 Mills Civic Pkwy.

October 25, Clive Aquatic Center, 1801 NW 114th St.

What to bring and not bring:

Review a list of items to bring at www.WhereItShouldGo.com and click on Calendar for event details.

Items NOT accepted include:

Latex paint, electronic waste, medications and tires.

Year-Round Option:

If these dates don't work for you, visit www.WhereItShouldGo.com for the year-round drop-off in Bondurant.

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Please visit www.windsorheights.org for more information!

Tuesday, March 25 – Iowa Urban Conservationist, Jennifer Welch

*Tuesday, April 22 – Debris Management in Windsor Heights,
PW Director, Jason VanAusdall*

Tuesday, May 27 – Make Your Own Rain Barrel, Darren Fife

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Join CultureALL and your hosts Željka Krvavica and Merima Catiac for a fun, family-friendly evening of food and entertainment that celebrates the culture of Bosnia and Herzegovina, Saturday, March 29 from 6:30–8:30 p.m. at the Windsor Heights Community and Events Center. The evening includes a traditional meal created by Papillon, musical performances by Aldijana and Nusret Radoncic and dances led by Sevdeh traditional dancers. Doors open at 6:00 p.m. Program begins at 6:30 p.m. The cost is \$15. Reserve your place for this unique Living Cultures event by purchasing your tickets online no later than midnight on Thursday, March 27! For more information, please call CultureALL at 515-273-8569 x185, e-mail Cheryl@cultureall.org, or visit www.windsorheights.org.

MOVIES IN THE PARK TO ANNOUNCE IN APRIL

The 2014 Movies in Colby Park schedule will be officially announced in April. Rest assured that it will be a terrific line-up! You can start the planning now by reserving these Friday evening dates: June 20, 27, July 11, 18, 25 and August 2. The movies are shown at dusk with a pre-activity for children beginning at 7 p.m.

ROLL YOUR YARD WASTE TO THE CURB!

This time of year we dream of warm weather, so it's a great time to plan ahead for yard waste season. If you're tired of lugging your yard waste bags to the curb or if you do a lot of yard work, then you may want to consider shaking things up this year by enrolling in the cart service.

A *Compost It!* cart is on wheels, just like your *Curb It!* recycling cart. The 96-gallon cart holds the equivalent of three yard waste bags. This service is an ideal option for:

- Residents who purchase at least 68 yard waste bags a year
- Those who garden, bag grass clippings, have a lot of trees and shrub clippings
- Those who just don't want to hassle with bags

First-Time Enrollment

First, you'll want to verify whether your community offers this service. Then, call or visit your city hall or public works department to purchase a yard waste cart and pay the annual sticker fee of \$105. Metro Waste Authority is happy to announce that the City of Bondurant is now participating in our Yard Waste Cart Service.

Need to Renew?

Existing customers can renew online. The annual fee is \$105. This covers the cost of collecting and processing the yard waste for the year. City Hall will then mail your 2014 sticker.

2014 Yard Waste Season: March 31 through Nov. 29, plus an additional two-week winter collection, Dec. 29 to Jan. 9. Yard waste is picked up weekly on your normal garbage collection day. For more information, visit www.WhereItShouldGo.com or call 244.0021.

PUT YOUR BEST FOOT FORWARD

It's not too soon for walkers and runners to sign up for the Windsor Heights Annual Mini Marathon, better known by its acronym WHAMM. The event is scheduled for Saturday, May 17, 2014. Registration is at www.getmeregistered.com. Awards are given and each participant receives a t-shirt. The ever popular Pancake Breakfast is held the same morning, presented by the Windsor Heights Fire Department.

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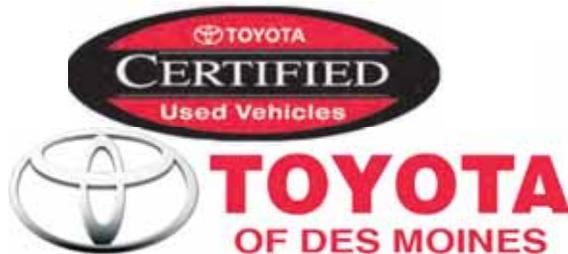
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Time for an insurance checkup

Changes in life can affect your needs

By Matt Cale, State Farm agent

When was the last time you reviewed your insurance coverage? Just as getting an annual medical checkup is a sensible way to maintain your health, reviewing your insurance policies annually can provide peace of mind and may save you money.

Homeowners insurance

- Does my coverage keep up with current rebuilding costs? If your home sustains serious damage due to a fire or a severe storm, does your policy cover rebuilding costs? If not, you might want to consider increasing your coverage

- Does my recent home renovation affect my coverage? If you have added square footage to your home recently, its value may have changed. Check with your insurance agent about increasing your coverage

- When was the last time I had my luxury items appraised? If you have expensive items such as jewelry, artwork and antiques that have not been appraised recently, you might want to consider doing so. Having up-to-date insurance can help take some of the sting out of replacement costs.

- How can I lower my premiums? If your premiums are too high, consider raising your deductible. A higher deductible could lower your premiums.

Auto insurance

My teen recently got a driver's license. How does that affect my auto insurance? If your teen is now driving, let your agent know and be prepared for your family auto insurance premiums to rise.

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



Keep in mind that insurers may offer discounts to high school and college students who maintain a B average and complete driver-safety program.

- Does my car's value affect my insurance? If you have a much older vehicle, look up its value online to see if carrying collision and comprehensive coverage is still cost-effective.

- What else can I do to lower my rates? If you increase your deductible, you can substantially reduce your monthly premiums.

Life insurance

- We've just had a baby. Purchasing more life insurance can help cover the costs of your child growing up, if something unexpected should happen to you.

- We just got married. If you have recently gotten married, you might want to increase your life insurance coverage or change the beneficiaries on your policy.

- How does my new job/layoff affect my coverage? If you recently got a better paying job and are planning to expand your lifestyle, then getting more life insurance is a good idea. ■

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French country chicken



By Kris Ellis Tracy

French country chicken is not a low fat, low carb or low flavor dish. It is French all the way. Serve this to impress company, for a special occasion or to show your amour that you really can cook. Make sure to use a white wine that is not sweet. A chardonnay or a pinot grigio would work well in this. ■

French country chicken

Ingredients

1 lb. boneless skinless chicken breasts
 2 tablespoons olive oil
 1 teaspoon salt
 ½ teaspoon pepper
 1 medium onion, diced
 1 lb. baby carrots
 8 oz. fresh button mushrooms, quartered
 1 tablespoon coarsely ground pepper

1 clove garlic, minced
 1 teaspoon thyme
 1 tablespoon flour
 2 tablespoons butter
 1 cup chicken stock
 ½ cup dry white wine
 1 cup heavy cream
 ½ cup chopped parsley

Directions

1. Cut the chicken breasts into bite sized pieces or slices as you prefer. Salt and pepper generously and sauté in a hot skillet with the olive oil.
2. Transfer the chicken to a baking dish and place in the oven at 350 degrees. 3. Saute the mushrooms until golden. Steam the carrots or cook them in the microwave until they are just tender. Add the mushrooms and carrots to the baking dish. In the same skillet you used to cook the chicken and mushrooms, add the butter and flour. Stir and cook until the flour has absorbed all the fat and has browned a bit. Add the chicken stock, scraping the bottom of the pan to release all the browned bits on the bottom. Stir and add the white wine. The sauce will thicken as it comes to a boil. Turn the heat off and add the cream and parsley. Adjust salt and pepper to taste. Stir until all ingredients are incorporated.
4. Do not allow the sauce to return to a boil or the cream will separate. Remove the chicken and vegetables from the oven and pour the sauce over the top. Serve over egg noodles, rice or mashed potatoes.

You can cope with turbulence... as a passenger and an investor

If you're like many travelers, you get a little nervous when your airplane goes through some turbulence. And if you're like a lot of investors, you may get somewhat jumpy when the financial markets are volatile. Yet flight turbulence probably isn't as scary as it seems, and the same may be true for market volatility — if you know how to respond.

Let's look at some positive responses to market movements:

- **Don't overreact to turbulence.** Turbulence happens on most flights, but passengers are well aware that they can't "bail out" at 30,000 feet, so they generally don't panic. As an investor, you also need to avoid panicky behavior — by not taking a "time out" from investing. So if you're not invested in the market, you could miss out on the beginning of a new rally, which is typically when the biggest gains occur.

- **Balance your "cargo."** The ground crew properly positions an airplane's cargo to maintain the plane's center of gravity and reduce the effects of turbulence. When you invest, you also need to achieve balance by owning a variety of vehicles, including stocks, bonds, government securities and certificates of deposit. Over time, your "cargo" (your investments) may shift, becoming too heavy in stocks or bonds relative to your objectives. Consequently, you'll need to periodically rebalance your portfolio to ensure it's meeting your needs.

- **Match your "transportation method" with your goals.** If you are flying from New York to Los Angeles, you may experience delays or some changes in the flight plan — but your goal is still to reach Los Angeles as



quickly and efficiently as possible. Consequently, you wouldn't scrap the idea of flying and head to the West Coast on foot. When you invest, you will also encounter events, such as market downturns, that you feel may be slowing you down in your progress toward your long-term objectives, such as a comfortable retirement. But if your objectives haven't changed, neither should your "transportation method" of reaching them.

- **Maintain perspective on your "flight path."** When you've flown, you've probably observed (perhaps with some envy) some of your fellow passengers sleeping through periods of turbulence. In the investment world, these types of people are the ideal long-term investors — they know that turbulence, in the form of market fluctuations, is normal, because they've experienced it many times before. So when you fly, fasten your seatbelt and relax. And when you invest, don't overreact to short-term events. By following these basic guidelines, you will be a calmer traveler and a better investor. ■

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



If You Aren't at Your Last Job, Why Is Your 401(k)?

Leaving a 401(k) with a previous employer could mean leaving it alone with no one to watch over it. At Edward Jones, we can explain options for your 401(k) and help you select the one that's best for you. If you'd like to roll it over to an Edward Jones Individual Retirement Account (IRA), we can help you do it without paying taxes or penalties. And you can feel confident that someone is looking out for you and your 401(k). To find out why it makes sense to talk with Edward Jones about your 401(k) options, call or visit your local financial advisor today.

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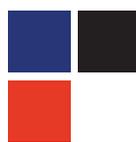


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Donna Jordan reading "Class Two at the Zoo" at the Franklin Library Crafty Readers in Beaverdale on March 11.



Olivia Kiernan and Ella Kiernan at the Franklin Library Crafty Readers in Beaverdale on March 11.



Sarah Hendricks and Cristina Hurtado at the Franklin Library Crafty Readers in Beaverdale on March 11.



Jessica Frazier and Elle Frazier at the Franklin Library Crafty Readers in Beaverdale on March 11.

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Best Practices for Child Safety Seats

Child safety seats are designed to keep your child safe while riding in the car. Using the correct car seat for your child's weight and installing the seat properly are both very important factors in protecting your child in the event of a car accident.

The following guidelines provide the best practices for using child safety seats:

Rear Facing: Children should ride in a rear-facing child safety seat until they reach the maximum height and weight limit of their safety seat. Most convertible seats can be used until the child reaches a weight or 35 pounds. Please see the owner's manual of the safety seat for details.

Five-Point Harness: A child should be restrained in a five-point harness safety system until the maximum weight limit for the seat is reached. This weight limit is usually 40 pounds.

Booster/Seat Belt: After exceeding the maximum five-point harness weight, a child should graduate into a booster seat. A child should ride in a booster seat until able to fit in a seat belt properly. For a seat belt to fit properly, the lap belt must lie snug across the upper thighs and the shoulder belt must lie snug across the shoulder.

For more information on child safety seats, please contact a Certified Child Passenger Safety Technician at Mercy by calling (515) 247-4260 or talk to your pediatrician if you have specific safety concerns for your child.



Dan and Deb Austin and their two dogs make their home in this 1962 Colby brick house.

Meant to be

Austins fit perfectly into their home and neighborhood

By Rainey Cook

Sometimes in life it's nice to have something find you. Perhaps then you really know it is meant to be. Such is the case for Dan and Deb Austin, once of Des Moines, now 12-year homeowners in Windsor Heights.

"This house just found us," Deb says. "It had everything we were looking for in a new home. And we still love it here."

The couple loves that it's a three-level split home with attached garage in the perfect Windsor Heights location.

"It's close to everything, and I love the 25 mile speed limit," Dan says. "This is the best small town

in Iowa."

Happy to be the second owners, Dan and Deb agreed to buy this house and work on it together. It's a custom-built Colby brick constructed in 1962. The first owners were a doctor and his wife who had pet monkeys that used to climb in the front trees. Comfortable circumstances would also allow them to have their own home decorator. So when the Austins moved in, the peach shag carpet, brown paneling and walls papered with color moved out.

Lots of hard work and years later, one would never guess this home dazzled with '60s décor.

The current latte and rust painted walls, rich black kitchen cupboards, white counter tops and hardwood floors give it an upbeat, comfortable feel with a vibe that's more 21st century.

And when all the work has been done by you and your spouse, the compensation of beauty and overwhelming sense of gratification is so much more rewarding.

Interestingly enough, this small area of homes was once going to be developed as Lions Park's own, complete with pool and club house. Once interest from locals dissipated, single family homes started being built.

"We are a welcoming home," Deb says. "We always have cars in our driveway."

When not visiting with guests in their own home, Dan and Deb are partaking in the neighborhood festivities including annual block parties that actually block off the street to grill meat, share side dishes, sidewalk chalk and scavenger hunts. Come winter, the neighborhood gatherings move inside various homes for a warmer come-and-go potluck.

It really was meant to be for the Austins. They fit into their home and their neighborhood perfectly. ■

The benefits of having a will

Distribute your estate according to your wishes

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

Anyone who owns property — a home, a car, a retirement account — can benefit from an estate plan. Planning for the future allows you to direct how and to whom your property will be distributed after your death. If you have no estate plan at all, your property will be distributed according to the laws of intestacy, without regard to family needs or your desires.

Clients generally have several objectives in estate planning. Obviously, you want to dispose of your assets according to your wishes. You may want to provide for minor children or other specific family members. It may be very important to minimize the cost or time associated with probate or to avoid making personal affairs public. Avoiding paying estate or inheritance taxes is probably always a goal, although most estates will be exempt from both Iowa and federal taxes. You may want to ensure that your favorite charity or institution receives a donation, or you may want to exclude certain persons from receiving anything.

The first and most basic estate planning tool is the last will and testament. A will gives you the right to determine who will receive your assets after your death. By exercising your privilege of making a will, you can select the personal representative of your estate who will administer your will and distribute your assets according to your wishes. You can use your will to nominate a guardian for minor children or direct



that beneficiaries who are young will not receive their inheritance until they are experienced enough to handle the money.

Perhaps most importantly, you can also use your will to direct your assets to beneficiaries whom you choose, instead of those who are chosen for you by statute. You may have given significant gifts to one child and want to equalize the inheritance of your other children. You may have stepchildren that you want to share in your estate. Or, you may want to ensure that people outside your immediate family receive a bequest. Many clients are surprised to learn that a surviving spouse doesn't inherit everything if the decedent had children from a prior marriage. A will allows you to remedy this potential problem.

The major benefit of a will is that it gives you control to direct the distribution of your estate according to your wishes. Everyone should have this basic estate planning tool. ■

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

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Bengtson named as Chamber director

Executive director has chamber experience

By Betty Ridout, president, Windsor Heights Chamber

Deb Bengtson has been named as the executive director of the Windsor Heights Chamber of Commerce.

Bengtson comes to the Windsor Heights Chamber with a varied background including both retail and banking, yet her underlying consistency with both has always been her involvement with chambers. She has lived in the Des Moines Metro area for more than 25 years and has developed many relationships during that time due to her participation with many of the Metro Chambers and the Greater Des Moines Partnership.

Bengtson has seen Chambers from both sides of the fence. She has been a member and knows firsthand how being involved and active can result in benefits. She was also the membership coordinator with the West Des Moines Chamber for four years. Her passion and message is and has always been consistent — “to help members small or large grow their businesses and become active in the community.” She focuses on each individual business to give more value to each membership.

Deb and Mike Bengtson live in Urbandale with their daughter, Libby, and golden retriever, Jake. Libby is a senior at Johnston High School with plans to attend UNI in the fall. They are outdoors people who love to camp, travel and be active in the community.

Why the Windsor Heights Chamber? “Why not?”, Bengtson replied.

Windsor Heights is a great community with demographics that are changing. It’s time for the Windsor Heights Chamber to grow and show its vitality. Not only do we want to continue with



Deb Bengtson

some of the great events such as WHAMM, July 4th, Childrens’ Art Contest and Shop Where You Roost, but we want to grow and promote our wonderful members and promote more Business 2 Business connections. Studies have shown that people want to do business with people they know, like and trust. What better way than to become a Windsor Heights Chamber member?

Contact Deb Bengtson to learn more about how you can become active in the Windsor Heights Chamber. Phone 515-681-1289 or email windsorheightschamber@live.com or debbengtson@msn.com

Reminder that 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! Five samples are \$10; a full serving is \$3. Advance tickets are available at Bankers Trust, Carlson Chiropractic or Akili Design and Marketing Services. ■

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\$10 for 5 samples
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\$3 full bowl

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

WWW.WINDSORHEIGHTSCHAMBER.COM FOR MORE INFO



Sam Fine, Crystal Gifford and Dawson Gifford at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Blaine Bruning and Talia Bruning at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Cristin Blattenberger, Laural Clinton and Kathleen Caudill at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Charlie Caudill and Catherine Caudill at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Elyza Bridgeman and Tammy Bridgeman at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Ziggy Spellman and Elena Spellman at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Matthew Shepard, Rene Shepard and Katherine Shepard at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Gavin, Josh, Liam, Sloane, Emily and Tate Hulling at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Zora Allen-Hayter and Nikki Hayter at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.

See more photos online at www.iowalivingmagazines.com



Avery Boggs and William Boggs at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Maddie Moody, Jeneane Moody, Julia Moody and Adi Akers at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



John Hoover, Sophia Hoover and Cecilia Hoover at the Literacy Night for Cowles Elementary at the Franklin Library in Beaverdale on March 4.



Kristen Nordaker and Katelyn Kiehl refereeing at the Walnut Creek Upward Basketball game in Des Moines on Feb. 28.



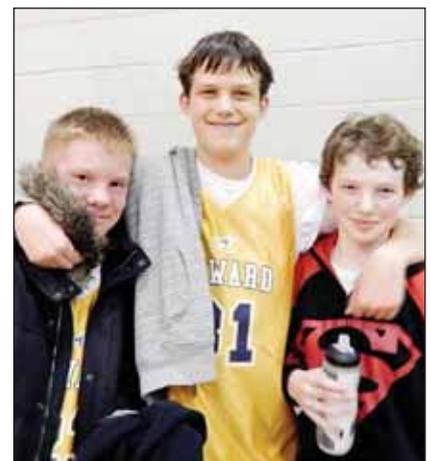
Chris Nitzschke and Rachel Bohacek at the Walnut Creek Upward Basketball game in Des Moines on Feb. 28.



Becca Close and Emily Warford at the Walnut Creek Upward Basketball game in Des Moines on Feb. 28.



Scott Mathes and Trent Keegan at the Walnut Creek Upward Basketball game in Des Moines on Feb. 28.



Brady Wetz, Sam Thomas and Ethan Olson at the Walnut Creek Upward Basketball game in Des Moines on Feb. 28.

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