

Windsor Heights  
**Living**  
magazine

june 2014

50324

The  
*heart*  
of it all

**WINDSOR HEIGHTS  
ORGANIZERS PREPARE  
FOR INDEPENDENCE DAY  
CELEBRATION**

**CURB APPEAL  
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## WELCOME

# Bomb Pops held in the air!

get inspired every year on the Fourth of July. Not like Francis Scott Key, mind you, but inspired all the same.

If you recall, Key watched the bombarding of American forces at Fort McHenry at the Battle of Baltimore during the War of 1812. At dawn, he was able to see an American flag still waving and was motivated to write a poem, titled "Defence of Fort M'Henry," describing his experience.



I, on the other hand, watched fireworks in 1974 from the grandstands at the Kossuth County Fairgrounds in Algona. As a 5-year-old, I was awed by the magnificent colors in the sky but scared to death each time the loud booms occurred.

Key's poem was eventually set to music and became better known as "The Star-Spangled Banner."

I listened to patriotic music from KLGa on the AM radio in my dad's 1970 Dodge Polara on our way to and from the fairgrounds. My sing-alongs were never officially documented, not even on my brother's reel-to-reel tape recorder.

Key wrote about "the rockets' red glare, the bombs bursting in air."

I complained about "the guy in front of me and his bald head glare, the Bomb Pops dripping in my hair."

"The Star Spangled Banner" was adopted as the American national anthem by President Woodrow Wilson via executive order in 1916.

The only executive order I got was from my mother to quit lighting the Black Snakes on our concrete driveway and leaving stains.

Meanwhile, fireworks continue to be as much of a part of American culture as baseball, hot dogs and apple pie, and you will have an opportunity to partake in those and many other experiences again this year at the Fourth of July Festival. You won't have to write a song about it, but you should try to find a few of those Bomb Pops. They are patriotically delicious.

Thanks for reading. ■

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**On the cover:** Jason VanAusdall and Tina Campbell. Photo by Alan Cross.

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# The *heart* of it all

## WINDSOR HEIGHTS ORGANIZERS PREPARE FOR INDEPENDENCE DAY CELEBRATION

By Alan Cross

If city officials were looking for one person to epitomize the enthusiasm and patriotism of Windsor Heights' annual Fourth of July parade and celebration, then that one person would be Flo Hunter.

Hunter has volunteered her services to help with the planning and organization of the event for more than 30 years.

"My husband and I moved here in 1979," says Hunter. "At that time the Lions Club organized the Fourth of July celebration.

"A couple of years later, they needed someone to step up and do the planning. I love the Fourth of July, so I, along with Betsy Parsons, decided we would take it over. Betsy passed away a few years ago, so I guess I'll keep carrying the torch for both of us."

Hunter is just one of the many who volunteer their time and energy to make sure the Windsor Heights Fourth of July parade and celebration is a memorable one for Windsor Heights residents and visitors.

"It takes a lot of volunteers to pull this off," says Hunter. "A lot of hours goes into it before the Fourth arrives, during the celebration and then after the celebration."

Hunter says she and others on the Fourth of July committee try to keep some of that "old-fashioned fun" when it comes the city's celebration.

"I grew up in a small town and looked forward to every Fourth of July," says Hunter. "I look at Windsor Heights as a small community as well. Most of the other committee members feel the same way. We like the 'small-town' feel to our celebration."

Hunter says she remembers contests such as



Jason VanAusdall and Tina Campbell are just two of the many people who help plan and organize the annual Windsor Heights Fourth of July celebration. Photo by Alan Cross.

## FEATURE |

sack races and the Windsor Heights Fire Department having water fights being part of the activities on the Fourth.

"We haven't had sack races for a long while," says Hunter. "We talked about bringing contests such as an egg toss, sack race, a water balloon toss back.

"Unfortunately, I don't think the water fights will ever be a part of the celebration again. Our fire fighters are just too busy helping out with the day's festivities and with their other duties to be involved in the water fights."

Still, says Hunter, there is plenty of other entertainment and activities for the people of all ages.

The parade, which starts at 1 p.m., lines up at the Sherwood Forest shopping area. The parade travels south on 73rd Street to University. The route then goes east on University to 69th Street. It then goes north on 69th to School, where the parade goes back west to finish in the Wal-Mart parking lot.

After the parade, all the activities will take place at Colby Park in Windsor Heights.

Food stands, pop, wine and beer will be available until 10 p.m. Family activities, inflatables for the young children, face painting, a craft corner, balloon animals, jugglers and games will be held from 5-9 p.m.



*Flo Hunter has helped organize the annual Windsor Heights Fourth of July Celebration for over 30 years. She says she still enjoys working on the event just as much as she did when she first started doing it in the early 1980s. Photo submitted.*

"We will also have a celebrity dunk tank during that time," says Hunter. "The chief of police, the director of public works and Windsor Heights Mayor Diana Willits are taking their turns in the dunk tank."

One of the challenges for the committee,

says Hunter, is getting activities for kids in the 11 to 15 age group.

"Kids at that age like carnival rides," says Hunter. "We talked about bringing in a carnival, but we don't want to bring in just any group to do the rides. Finding a reputable organization to do carnival rides is tough. The best ones are already booked well in advance."

In addition to the regular parade, there will be a dog parade and a bike parade. These parades will start at the Windsor Heights Hy-Vee as part of the regular parade.

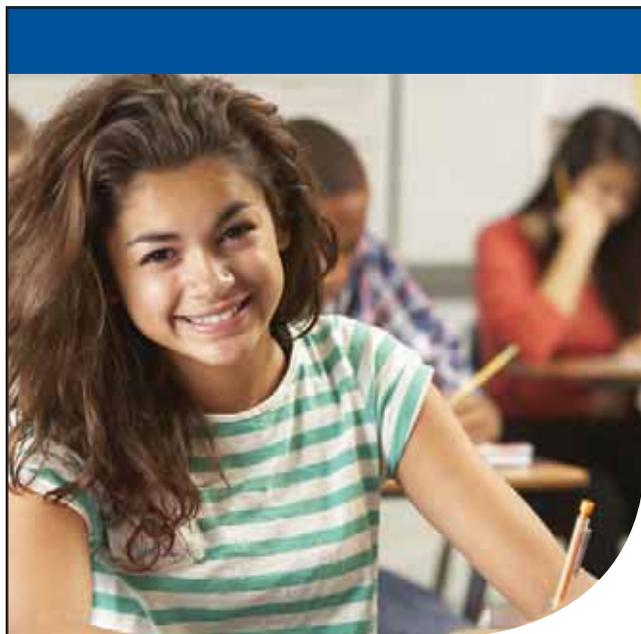
"This is the first year for those two things," says Hunter. "We have judges just for those parades and will give out prizes for the winners."

Bingo is another new activity added to this year's celebration. It will be held from 5-7 p.m. inside the Community Center at Colby Park.

"The Community Center is air conditioned, so it will be a good chance for people to come in and cool off while having a little bit of fun," says Flo.

Two bands will be featured in the Fourth of July activities at the Colby Park Stage. Abby Normal, which features classic rock, will be on stage from 6-7:30 p.m. From 8-10 p.m., the jazz and blues group Final Mix will hit the stage.

And what would a Fourth of July celebration be



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# FEATURE |

without a few rocket's red glare? Fireworks will end the celebration at 10 p.m.

"People will either sit in the Hy-Vee parking lot or in the Wal-Mart parking lot to watch the fireworks," says Hunter. "Colby Park is also a great place to watch the fireworks, but over the years the trees have grown where the fireworks are set off, so we have to make sure the fireworks clear those trees for people to see them."

Parking is always an issue at Colby Park. Hunter says people can park in the Wal-Mart parking lot and walk over to the park or park along the side streets.

Jason VanAusdall, director of public works in Windsor Heights, is also on the planning committee for the Fourth of July Celebration.

"This actually will be my fourth Fourth of July in Windsor Heights," says VanAusdall.

Not only do private citizens volunteer their time to help make the celebration a success, but city workers such as police officers, firefighters and those in the public works department all make sure the event goes off without a hitch.

"It is all hands on deck that day," says VanAusdall. "Everyone plays a part, and everyone knows their role in making sure everyone has a great time."

VanAusdall says he and members of his



Each year large crowds of people of all ages gather at Colby Park in Windsor Heights to take part in all the activities surround the city's annual Fourth of July Celebration. Photo submitted.

department spend the week prior to the celebration making sure Colby Park is clean and ready to go to handle the crowd. Police are in charge of crowd and traffic control. Other city officials and workers fill in wherever they are

needed.

"We try to stagger out everyone's hours that day so all the city workers can enjoy at least part of the celebration with their families and friends," says VanAusdall.

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## FEATURE |

Volunteers are needed to do everything from manning the game activities at Colby Park to being involved along the parade route. People are needed the night before to put down markers of where the parade participants are to line up and then along the route itself to make sure there are no large gaps in the parade.

"Every year it gets a little tougher to find enough volunteers," says Hunter. "One of the best groups we have each year are the high school students who need to have their service hours met. They are great to work with."

Just over a month ago, Tina Campbell would have just been just one of the hundreds to enjoy the Windsor Heights Fourth of July Celebration.

But one month ago, Campbell was hired as Windsor Heights special events coordinator. "I got thrown into the fire right away," says Campbell. "It certainly has been an interesting first month."

Campbell comes from Marshalltown. Like Hunter, Campbell says she grew up going to small town Fourth of July celebrations.

"We are doing much of the same things in Windsor Heights that I remember doing as a young girl," says Campbell. "It has a nice, home-



*Inflatables are a favorite among children at the annual Windsor Heights Fourth of July Celebration. After a parade through Windsor Heights, family activities, such as inflatable rides, are held at Colby Park. Photo submitted.*

town feeling about it. I know I came in late, but I am committed to doing everything I can to help make this celebration the best."

And like many of the people on the celebration

planning committee, Campbell is always looking for things to make the annual event better the next year.

"This year I am just doing whatever I can to help with things," says Campbell. "People like Flo and Jason have been doing this a while, so I am learning from them this year."

"I do know that a couple of weeks after the celebration we will sit down and discuss what went well and what didn't go well. We will then come up with other ideas and activities to try the next year to make the celebration even better for the people in the community."

And when the time comes to meet to plan the 2015 Windsor Heights Celebration, Hunter says she plans on being on the committee once again.

"I really enjoy it — even though it is a lot of work," says Hunter. "The people are great to work with, and it is nice to see the community come together for this event."

"We may not have as many activities as some of the bigger communities in the area, or we may not have the largest fireworks display as some other communities. But what we do provide is a safe, family-friendly atmosphere that people in Windsor Heights can enjoy." ■

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# CALENDAR |

## Monday, June 23

- Iowa Cubs vs. Albuquerque at home, 12:05 p.m.
- VHS 8 Softball vs. Norwalk, 9 a.m.
- VHS 9/10 Baseball at Urbandale, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball vs. Urbandale, 1/4:15/6 p.m.
- VHS V Baseball vs. Urbandale, 5 p.m.
- WDMPS Board Meeting, 7 p.m.

## Tuesday, June 24

- Iowa Cubs vs. Albuquerque at home, 12:05 p.m.
- Music in the Park, Sacred Heart Sax and Brass, free admission, 7 p.m., Colby Park.
- RHS JV Baseball vs. Waukee, 9 a.m.
- RHS 9 Softball vs. Dowling, 9 a.m.
- VHS JV Baseball vs. Urbandale, 11:30 a.m.
- VHS 9 Softball at DCG, 1 p.m.

## Wednesday, June 25

- Do Business, 7:30 a.m., Matt Cale State Farm, 6733 University Ave
- Planning and Zoning Meeting, 4:30 p.m.
- RHS 9/10 Baseball vs. Ottumwa, 10:30 a.m./3:30 p.m.
- RHS JV/V Softball at Ottumwa, 4:15/6 p.m.
- RHS V Baseball at Ottumwa, 5 p.m.
- VHS 9/10 Baseball vs. SEP, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at SEP,

1/4:15/6 p.m.

- VHS JV/V Baseball at SEP, 5/7 p.m.

## Thursday, June 26

- Greater Des Moines Garden Club Meeting, hear about the Perkins Academy Junior Garden Program, Floral Design Workshop by Marilyn Moore, bring containers and flowers, installation of officers, 1 p.m., Westminster Presbyterian Church.
- RHS JV/V Softball vs. Urbandale, 2:30/4:15 p.m.
- RHS JV/V Baseball vs. Valley, 3:30/5:30 p.m.
- VHS 8 Softball at Urbandale, 9 a.m.
- VHS 9 Baseball at Ames, 11:30 a.m.
- VHS JV/V Baseball at DM Roosevelt, 3:30/5:30 p.m.

## Friday, June 27

- VHS 9/10 Baseball at DM Hoover, 11:30 a.m./5 p.m.
- VHS V Baseball vs. Bettendorf, 3 p.m.
- VHS 8 Softball vs. Ankeny, 9 a.m.

## Saturday, June 28

- Hazardous Waste Drop-Off, 8 a.m. - noon, WDM Valley Stadium, 4440 Mills Civic Parkway
- RHS V Baseball at Saydel, 10 a.m.

## Sunday, June 29

- KWHB Garden Tour, 1-5 p.m., Lions Park.

## Monday, June 30

- Iowa Cubs vs. Omaha at home, 7:05 p.m.
- VHS 8 Softball vs. Johnston, 9 a.m.
- VHS 9/10 Baseball at Dowling, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball vs. Dowling, 1/4:15/6:15 p.m.
- VHS V Baseball vs. Dowling, 5:30 p.m.
- RHS 9/10 Baseball at DM Hoover, 11:30 a.m./5 p.m.
- RHS JV/V Softball vs. DM Hoover, 2:30/4:15 p.m.
- RHS V Baseball vs. DM Hoover, 3:30 p.m.

## Tuesday, July 1

- Iowa Cubs vs. Omaha at home, 7:05 p.m.
- Music in the Park, ft. Java Jews, free admission, 7 p.m., Colby Park.
- VHS 8 Softball at Indianola, 9 a.m.
- VHS JV Baseball at Dowling, 11:30 a.m.
- VHS 10/V Baseball at Waukee, 5/7:30 p.m.
- VHS 9 Baseball vs. Waukee, 11:30 a.m.
- VHS 9 Softball vs. DCG, noon.
- RHS 9 Softball vs. Ottumwa, 11:30 a.m.



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# CALENDAR

## Wednesday, July 2

- Iowa Cubs vs. Omaha at home, 7:05 p.m.
- VHS 9/10 Baseball vs. Ames, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at Ames, 1/4:15/6 p.m.
- VHS V Baseball at Ames, 5 p.m.
- RHS 9/10 Baseball vs. Indianola, 10:30 a.m./3:30 p.m.
- RHS 9/JV/V Softball at Indianola, 2:30/4:15/6 p.m.
- RHS V Baseball at Indianola, 5 p.m.

## Thursday, July 3

- Iowa Cubs vs. Omaha at home, 7:05 p.m.
- RHS 9/10 Baseball at DM East, 10:30 a.m./3:30 p.m.
- RHS 9/JV/V Softball vs. DM East, 1/2:30/4:15 p.m.
- RHS V Baseball vs. DM East, 3:30 p.m.

## Friday, July 4

- Independence Day
- Windsor Heights 4th of July Parade, 1 p.m.
- July 4th Celebration, live music, creative workshops, face painting, games and more, 5 p.m., fireworks 10 p.m., Colby Park.
- VHS V Softball at Iowa City West, TBD.

## Saturday, July 5

- VHS V Softball at Iowa City West, TBD.

## Monday, July 7

- Your Mama Is Not A Horse and Other Chinese Revelations, full week of insightful, side-splitting activities - from calligraphy to Kung Fu, grades 3-6 to explore the culture of China at this unique summer day camp, 9 a.m. - 3 p.m., Windsor Heights Community

and Events Center, 6900 School St

- RHS 9/10 Baseball at Ottumwa, 11:30 a.m./5 p.m.
- RHS V Baseball vs. Ottumwa, 3:30 p.m.
- VHS 9/10 Baseball vs. Johnston, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at Johnston, 1/4:15/6 p.m.
- VHS V Baseball at Johnston, 5 p.m.

## Tuesday, July 8

- Music in the Park, Hold On, free admission, 7 p.m., Colby Park.
- VHS JV Baseball at Johnston, 11:30 a.m.
- VHS 9 Baseball vs. Waukee, noon.
- VHS 9/JV/V Softball vs. Fort Dodge, 3/6/7:30 p.m.

## Wednesday, July 9

- RHS 9 Baseball vs. DM North, 3:30 p.m.
- RHS V Baseball at DM North, 3:30 p.m.
- VHS 9/10 Baseball at Ankeny, 11:30 a.m./5 p.m.
- VHS 9/JV/V Softball at Waukee, 1/6/7:30 p.m.
- VHS V Baseball vs. Ankeny, 5 p.m.

## Thursday, July 10

- RHS 9/10 Baseball vs. Johnston, 10:30 a.m./3:30 p.m.
- RHS JV/V Baseball at Johnston, 5/7 p.m.
- VHS 9 Baseball vs. Ames, 11:30 a.m.

## Friday, July 11

- Iowa Cubs vs. Oklahoma City at home, 7:05 p.m.
- VHS 9/10 Baseball vs. Fort Dodge, 11:30 a.m./5 p.m.
- VHS V Baseball at Fort Dodge, 3:30 p.m.

## Saturday, July 12

- Iowa Cubs vs. Oklahoma City at home, 1:05/7:05 p.m.
- RHS 9 Baseball at Newton, 10:15 a.m.

## Sunday, July 13

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

## Monday, July 14

- RHS 9/10 Baseball vs. DM Lincoln, 10:30 a.m./3:30 p.m.
- RHS V Baseball at DM Lincoln, 3:30 p.m.
- VHS 9/10 Baseball vs. Urbandale, 11:30 a.m./5 p.m.
- VHS V Baseball at Urbandale, 5 p.m.

## Tuesday, July 15

- Music in the Park, Free Style, free admission, 7 p.m., Colby Park.
- RHS JV/V Baseball vs. Centerville, 3:30/5:30 p.m.
- VHS JV Baseball at Urbandale, 10 a.m.
- VHS 9/10 Baseball vs. Mason City, 11:30 a.m./5 p.m.
- VHS V Baseball at Mason City, 5 p.m.

## Wednesday, July 16

- Joint Clive Chamber Membership Luncheon, topic: Speed Networking, \$5, 11:45 a.m. - 1 p.m., Windsor Heights Community & Event Center.

## Thursday, July 17

- WHYPro Social, 5:30-6:30 p.m.

## Friday, July 18

- V Baseball Substate Tournament





## FASTEST LAW ENFORCEMENT TEAM IS WINDSOR HEIGHTS POLICE

On May 19, 2014, four members of the Windsor Heights Police Department received the American Lung Association Fight for Air Climb 2014, Fastest Law Enforcement Team Award. The team also received the award for Top Law Enforcement Fundraising Award. The Windsor Heights Police Department raised \$700 for this great cause. The four member team included Chief Dennis McDaniel, Lt. Derek Meyer, Officer Dani Metzger and Officer Amanda Woods.

The Fight for Air Climb has issued a Law Enforcement Challenge for the last five years. This challenge goes out to all Iowa Law Enforcement agencies, pitting departments against each other for the best time and the most funds collected.

The Fight for Air Climb was held Sunday, March 16, 2014 at the EMC Insurance Companies, Hub Tower and Des Moines Marriott Downtown. This year's event had nearly 1,200 participants, 200 volunteers and raised over \$253,000. Funds raised enable the American Lung Association in Iowa to better serve the local community and impact the lives of children and adults who suffer from lung disease, lung cancer and other pulmonary ailments such as COPD and asthma.

Thank you to the Windsor Heights community for supporting our team with their generous donations.

The Windsor Heights Police Department looks forward participating in the 2015 Fight for Air Climb.

## VOICE YOUR OPINION

In collaboration with Quester, a national marketing research company headquartered in Windsor Heights, we are asking for residents to voice their thoughts and opinions about our city by completing an online survey.

The survey will start in July and extend through August. We are asking for feedback of the services, facilities, and activities Windsor Heights provides, as well asking for your vote on a few key topics. When you see the link in next month's newsletter or water bill, please take time to visit the website and complete the survey. By doing so, you're investing in our community by helping us maintain areas of excellence, and improve areas of opportunity.

## WINDSOR HEIGHTS FARMERS' MARKET & MOVIES IN THE PARK

The community of Windsor Heights would like to announce a new addition to the Movies in the Park summer event: Colby Park Farmers' Market! This fun and exciting event will have fresh produce, handmade crafts including jewelry, scarves, girl's accessories and home décor, and there will be hot food vendors so come hungry! There will also be direct sales vendors such as Pampered Chef, Norwex, and Lisa Sophia. There will be up to 40 booths at the Farmers' Market each week including Non-Profits. The community has worked hard to pair each movie with a part of the community that might need a little help, donations, or to offer information to the public for future events.



**June 20, Farmers' Market 4:30pm-7:30pm**

**Children's Activity at 7pm, Movie Starts at Dusk**

Kicking off the 2014 season will be the movie 'Frozen'! Kona Ice will be at Colby Park with the shaved ice truck to get you in the mood with special flavors just for the movie! A portion of the sales from this vendor will go back to the community, so stop by and say hello to Carmin and get a 'Frozen' treat!

**June 27, Farmers' Market 4:30pm-7:30pm**

**Children's Activity at 7pm, Movie Starts at Dusk**

'March of the Penguins' will be the featured movie! The Devilish Pig Bakery booth will have a special on penguin sugar cookies!

**July 11, Farmers' Market 4:30pm-7:30pm**

**Children's Activity at 7pm, Movie Starts at Dusk**

'Ratatouille' will be the featured movie and the focus will be on the Urbandale/Windsor Heights Food Bank. We are asking everyone to bring a non-perishable item for the food bank, and cash donations are always welcome to get items such as milk and meat for those in need. We want to thank you in advance for your help with this!

**July 18, Farmers' Market 4:30pm-7:30pm**

**Children's Activity at 7pm, Movie Starts at Dusk**

'The Muppets' will be the featured movie! Furry Friends Refuge has partnered up with the City of Windsor Heights to help the pet community. If you're looking to add a new member to the family, then you're in luck! The adoption truck will be at Colby Park so come see the animals in need of a new home. Furry Friends Refuge will also be accepting donations for a list of items needed including scoopable cat litter, Purina cat chow, paper towels, canned cat food (pate style), dog leashes, and any bedding or towels. Thanks in advance for your help with the four-legged members of the community!

**July 25, Farmers' Market 4:30pm-7:30pm**

**Children's Activity at 7pm, Movie Starts at Dusk**

'Mary Poppins' will be the featured movie and the sidewalks will become works of art just like the movie! Everyone will be encouraged to enjoy sidewalk chalk drawings. No need to bring anything as the Farmer's Market will be supplying the chalk.

**August 1, Farmers' Market 4:30pm-7:30pm**

**Children's Activity at 7pm, Movie Starts at Dusk**

The last movie of the season is 'The Rookie'!

If any movie is missed due to weather, August 8 will be the rain date. The Farmers' Market will continue on a week to week basis with signs posted in the neighborhood along with notifications on Facebook. Check Facebook for updates on the Farmers' Market and vendors for weekly specials and discounts. You can find the Facebook page titled 'Colby Park Farmers Market with Crafters and Vendors'.

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### WINDSOR HEIGHTS GARDEN TOUR

The Windsor Heights Garden Tour will be June 29 from 1 to 4pm. After touring the yards, visitors are invited to Lions Park (1133 66th Street) in Windsor Heights for a community gathering with refreshments and entertainment at 4pm provided by Big Joe Kinser and Sam Hall, a duo that combines an acoustic guitar and a fiddle to play music of a variety of styles and sounds. The garden locations are: 6413 Allison, 6609 Del Matro, 7037 El Rancho, 2017 74th Street and 1414 70th Street.

Tickets are available at the Windsor Heights Bankers Trust and City Hall or by contacting Ann Burgess at 720-7473 or Pat McGill at 277-9094. Tickets purchased in advance will cost \$8.00. Tickets will also be available the day of the tour after 1pm at the gazebo in Lions Park for \$10.00.

The tour and entertainment are sponsored by Keep Windsor Heights Beautiful. Proceeds from the sale of tickets will be used for beautification projects in Windsor Heights.

### JUNIOR DETECTIVES

The Windsor Heights Police Department is accepting enrollment for our new Junior Detective class. Children will work with Windsor Heights Police Officers to solve a mock crime and are taught criminal investigative techniques. They will learn the difference between theft, burglary and robbery. They will view an interactive video, process fingerprints and collect evidence found at a crime scene. For questions or to register, contact: Officer Woods at (515) 645-6829 or [awoods@windsorheights.org](mailto:awoods@windsorheights.org)



- 1 day, 2 hour class
  - Kids ages 7-12
  - Cost is \$10 per child
  - Class size is limited to 10 kids
- July 14 – 9am to 11am
- August 25 – 5pm to 7pm

### 2014 STREET RESURFACING SCHEDULE

Street	FROM	TO	MILL DATE	PAVE DATE
School Street	65th	69th	June 9th	June 17th
65th	Lamar Pl	University	June 9th	June 17th
65th	University	Forest Ct	June 10th	June 18th
66th	Forest Ct	Carpenter Ave	June 10th	June 18th
68th	University	Washington	June 11th	June 19th
Washington	73rd	63rd	June 11th	June 20th
Sunrise BLVD	73rd	70th	June 12th	June 20th
Bellaire Ave	73rd	70th	June 12th	June 20th
College Ave	68th	66th	June 13th	June 23rd
College Ave	64th	63rd	June 13th	June 23rd
Colby Ave	70th	6706 Colby	June 16th	June 24th

### JULY 4TH EVENTS

#### Children's Bike Parade Decorating Contest

All youngsters are invited to decorate their bikes with a patriotic theme for this year's 4th of July Parade! Windsor Heights Lions Club judges will determine the winners based on creativity, originality and over-all appearance. Prizes will be awarded for 1st and 2nd place in each category, as well as one for Best of Show. Judging will be done by age groups: 6 years and below, 7 to 9 years, and 10 years +. Visit [www.windsorheights.org](http://www.windsorheights.org) for a bike parade form.



#### Family Pet Parade Contest

All furry friends and family members are invited to dress up their four legged loved ones with patriotic pizzazz! The Windsor Heights Young Professional Group (WHYPro) will be there to judge participants during the parade based on originality. Prizes will be awarded for 1st and 2nd place, as well as Best of Show after the parade in the Colby Park circle drive. Visit [www.windsorheights.org](http://www.windsorheights.org) for a pet parade form.



Participants for both the Children's Bike Parade and the Family Pet Parade need to arrive Friday, July 4 at 12:15PM to register and line up at the corner of University Avenue and 70th Street (SE corner of Windsor Heights Hy-Vee parking lot). Judging for the bikes will begin promptly at 12:45 PM with the parade to immediately follow. All participants will be in the parade ending in the Colby Park circle drive where prizes will be awarded to the best of the best. Please download the registration information, fill out the application form, sign the hold harmless agreement and e-mail or mail them promptly to the address on the form. It is preferred to receive all this information by Wednesday, June 25. The City of Windsor Heights thanks you for your participation!



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## INSURANCE |

# Tips for surviving severe storms

Develop a plan and check your insurance coverage

By Matt Cale, State Farm agent

Anyone who's ever survived a severe storm or hurricane knows the damage to home and property can be overwhelming, emotionally and financially. The property damage attributed to Hurricane Katrina in 2005 hit \$81 billion. The annual hurricane season traditionally runs from June 1 to Nov. 30, but a severe storm can appear suddenly at any time of the year.

- **What can I do to be safer during a storm?** If you have advance notice that a powerful storm or hurricane is headed your way, here are some tips to help minimize damage to your property and increase your comfort level in the aftermath:

- **Develop an emergency plan.** Proper planning can help save your family from injury and inconvenience when severe weather strikes. Create a disaster preparedness plan, including a disaster survival kit and an emergency evacuation plan.

- **Organize your important papers.** Your mortgage, home and auto insurance policies, birth certificates, passports and other important papers should be in a safe, dry location that you can access even if your home is damaged.

- **Create a home inventory of your possessions** to expedite insurance claims after the storm and keep it with your important papers. It's much easier to file a claim with an existing inventory rather than trying to create one.

- **Put together an emergency kit** of bottled water, flashlights, crank- or battery-operated radio, non-spoilable food, extra clothing, sleeping bags and blankets. These items can come in handy if you have to leave your home and



temporarily move into a public shelter.

- **Create an easily accessible emergency fund**, if possible, to streamline your post-storm recovery.

- **Bring outdoor furniture and potted plants inside.** Anything that can be picked up by the wind and subsequently blown against your home should be secured ahead of time.

- **Store your gas grill safely indoors** and shut off the propane tank.

- **Prune branches that** might break off during the storm and either hurt someone or cause damage to your home or vehicle.

- **Rent or purchase an emergency generator, if feasible.** A powerful storm can knock out power to your home for days, even weeks. With a generator, you can continue running your refrigerator and keep some lights on.

- **Do I have the right insurance?** Check to see if your homeowner's policy coverage has kept up with rising building costs. With construction costs rising faster than current real estate values, your present home insurance policy might not cover all of your outstanding rebuilding expenses. ■

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

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# Meet Mary Dunlap

First-year instructor loves teaching fourth grade

By Rainey Cook

Remember your adverbs “have swum” and “has begun”? Do you know of any history from 1700, 1800 or 1900? How about any of the capitalization rules? It all might come back to you if it were in front of you, like they are in Mary Dunlap’s room at Mount Olive Lutheran Church and School.

As a first-year, fourth-grade teacher, Dunlap absolutely loves her position. Her classroom is a large new space full of tidbits of information, colorful posters and a great energy that makes her students feel welcome.

As an at-home mom for 14 years, Dunlap found herself more and more involved at Mount Olive with volunteering as her children got older. When this teaching position became available, she knew it was for her, she says.

The Christian atmosphere is everywhere. Dunlap also knew that was something she wanted to continue to instill in her daily living.

“If our students argue, there is a verse we have them read to resolve it,” she says. “We are supportive of everyone and feel it’s important to include everyone at all times and not say hurtful things to each other.”

The best thing she likes about her fourth grade students is that they still enjoy learning. They are a little more experienced with school by now and can start thinking for themselves.

Throughout the fourth grade



Mary Dunlap teaches fourth grade at Mount Olive Lutheran Church and School. Photos by Rainey Cook.

year, Dunlap likes to focus on how to make personal academic growth. She also covers study skills her students will need as they get into middle school. Lastly, she hones in on reading comprehension. In fourth grade, Dunlap feels her students are able to really start understanding the purpose behind their assignments.

All of fourth grade is rewarding, and the last day of school was no different. The students got to do anything that was fun. Their last movie of the year was “Trumpet of the Swan.” As a class, they had read this book in April.

As busy as her school year is, it’s just as busy at home for Dunlap. With four children ages 5 to 15, she watches lots of soccer. When she does get a spare moment of her own, you can find Dunlap scrapbooking.

Dunlap is originally from Carlisle. ■



Norman Barnes has planted trees, shrubs and flowers to turn his yard on Colby Avenue into a lush paradise. Photos by Rainey Cook.

# Curb appeal

Barnes transforms a once bare corner lot

By Rainey Cook

Having been here for 15 years, homeowner Norman Barnes has made this house a home inside and out. For a sharper look, he extended the overhang around the entire house 3 feet. It started as a bare corner lot; there were no trees here. Barnes has planted five trees and added roses, daisies and bushes, to name a few. With gardening as a lifetime hobby, he has plans to do more.

Not only can Barnes grow a fantastic garden, he can also boast his carpentry and welding skills. He built the front cement porch and window boxes. He enclosed the back porch into a beautifully carpeted sitting room with lots of windows.

Beyond this room is the garden that fills his backyard. Tomatoes, corn, beans, squash and raspberries are a few of the things he’s planted thus far this year.

“I give most of it away,” he says. “I don’t can or freeze anymore, and I really just like watching it all grow.”

Meanwhile, inside 6555 Colby Ave., the home still has its 1950s layout with an updated look of décor and furniture. Of course,

there are a few projects awaiting their turn for an even more modern change. Barnes plans to update the kitchen and both bathrooms.

“All of this will go,” he says of the kitchen. “This will all be new this summer.”

Aside from all the work he’s done and plans to do, he likes his Windsor Heights location. He enjoys the quiet of the neighborhood. Oddly, he likes the fact the home has no sidewalks.

“Then I don’t have to shovel snow in the winter,” he says.

Like most people who own a Colby brick home, Barnes loves all the brick. He enjoys the corner lot and likes the challenge and wishful thinking of planting ornamental grasses and knock-out roses by the stop sign for an even more striking curb appeal.

Having moved from 51st Street south of Hickman in Des Moines, Barnes appreciates home ownership here.

“I liked that house and neighborhood, too,” he says. “And now I am at home here in Windsor Heights, and I like it here just as well.” ■

## What did you like best about your teacher?



**Kirsten Lambert:** “She always smiles.”



**Dayton Schoen:** “That she explains everything clearly.”



**Lauralei Saunders:** “She always stays calm even when she’s annoyed.”

**Would you like your home featured in this column in an upcoming issue of Windsor Heights Living? If so, email Darren Tromblay at [darren@dmcityview.com](mailto:darren@dmcityview.com).**

## NEWS BRIEF

### Dawson named Iowa Job Honor Award honoree

Through her dedication and hard work, Goodwill Industries of Central Iowa and Hy-Vee announce and congratulate Megan Dawson for being one of two individuals in the state to receive the 2014 Iowa Job Honor Award in a presentation held at the Iowa Association of Business and Industry Conference June 11 in Cedar Rapids. This award was established by Kyle Horn to recognize Iowans who have overcome significant barriers to employment and celebrate their path to independence.

"Megan was a shy person; she didn't have much confidence in herself," Megan's mother Susan Dawson says. "We encouraged her how important it is to work. She wanted to work and often wasn't given the chance."

Dawson's partnership with Goodwill Industries of Central Iowa started a few years ago as a participant in a variety of programs including the work development program sorting donations, training in contract services and food services. Michele Keenan, community training coordinator understood the challenges Dawson faced in finding employment.

"She had some experiences that were less than positive, and that definitely colored her experience in not wanting that to happen again." Keenan says.

After successful completion of skills training programs, Dawson worked with Goodwill's Supported Employment Program to search for a job, and in March of 2013 became one of the first four Project SEARCH interns. This nine-month internship is a partnership between Goodwill Industries of Central Iowa and Hy-Vee to provide a training program focused on career development opportunities in retail sales, food preparation and customer service. In this program, Dawson became integrated into the culture at Hy-Vee in Windsor Heights where she interned in the bakery, health and beauty department, health market and dairy. ■



**UPCOMING HOME GAMES**

<b>JUNE</b>	17-20	El Paso Chihuahuas
	21-24	Albuquerque Isotopes
	30	Omaha Storm Chasers
<b>JULY</b>	1-3	Omaha Storm Chasers
	11-13	Oklahoma City RedHawks

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## FAITH



Walnut Creek Church is hosting a vacation Bible school July 13-17.

## Fun time for everyone

Churches prepare indoor and outdoor events

By Suit Yee Yee

Kids and families will have plenty of options to have some fun outdoors in coming weeks, such as joining a summer program, or getting out of the house.

**Walnut Creek Church** has four branches located in different areas around Des Moines, but as a whole, the church will be organizing a Fourth of July picnic at Jordan Park. The purpose of the event is to bring everyone together to celebrate the country's independence. The event is free and open to everyone. Activities on that day include a barbecue dinner, yard games, a volleyball tournament, field sports and also a show. For more information, please call the church office at 515-279-8312 or keep an eye on updates on the church website at <https://walnutcreekchurch.org/>.

**Walnut Creek Church** at 900 64th St., Windsor Heights, has a vacation Bible school (VBS) scheduled for July 13-17, from 6:30-8:30 p.m. each night. The theme of the VBS is "Spy Academy." Children from preschool to eighth grade are welcome to participate in the program and enjoy the story time, games, snack and music together. The event is free, and participants can sign up on the first night of

the program. If interested in the program, please contact Pastor Mike Bourland at 515-250-5988 for more information, or keep up with updates at the church website, <https://walnutcreekchurch.org/windsor-heights>.

**Windsor Heights Lutheran Church** at 1240 66th St., is offering a few youth and family life programs in June and July, giving youngsters some opportunities to get away from daily routine.

An event "Love Like Jesus" for children between eighth and 12th grade will be held at Grand View University June 19-22. It is an event for the youths to be baptized and to participate in service projects, leadership development, Bible study and worship. Since Windsor Heights Lutheran Church is currently under renovation, the event will be taking place at St. Stephen Lutheran Church in Urbandale.

The church is also offering children a chance to interact with the nature in Iowa during summer. The church is putting a high school and young adult canoe retreat together from July 10-14. Participants who have signed up will be anticipating some adventures and excitement through camping and canoeing along rivers in the northeastern Iowa. ■

## BANKING |

# Buying a car

Using the Internet to your advantage

By Cari Wilson, Cornerstone Community Credit Union

If you're interested in buying a car, you've probably used the Internet to search for deals or find listings for the model you want. Here are a few tips on how you can use the Internet to help you through the process.

- **Web forums.** You already know there are Web forums for nearly every topic, but did you know there are Web forums for nearly every type of car?

Many cars have forums where owners post and share their experiences. We suggest logging on to one and checking out what owners are saying about the model you're considering.

If you're looking at a used car, we suggest that you use the forums to search for a list of common problems. Take the list with you on a test drive so you'll know how serious an issue might be if you encounter problems.

- **Checking prices.** If you're not sure how much to pay for a new car — or how much you should get when you trade in your current one, the Internet can help you find the answers.

One way to figure out pricing is to visit Kelley Blue Book's website at [www.kbb.com](http://www.kbb.com). There, you'll find pricing numbers that detail what you should pay for your car — or what you should expect to get for your old one.

- **Trade-in prices.** Don't want to visit a dealership to figure out what your trade-in is worth? Consider AutoTrader.com's Trade-In Marketplace, <http://tradein.autotrader.com/>,



which will provide a trade-in offer from a local dealer.

If you're satisfied with the offer, simply bring the car to the dealer and sign the papers. You're under no obligation to buy a new car once you sell yours, and you don't have to go through the hassle of listing it online and meeting potential buyers.

- **Negotiate online.** Rather than visiting each dealership, send emails to dealers and negotiate the price on your own time. That gives you time to think about an offer before accepting it and lets you handle the negotiation on your own schedule.

- **Other tips.** On the Internet you can read reviews and find incentives on new cars. You can expand your search area or your parameters to find as many cars as possible. In other words, don't be afraid of buying a car using the Internet. You can now use the Web to do everything except kick the tires. ■

Information from AutoTrader.com, provided by Cari Wilson, Cornerstone Community Credit Union, 414 61st St., Des Moines, 274-1460.

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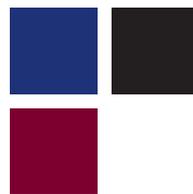
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J.B. Colby takes a swing with his DeMartini bat. Photo submitted.

# Play ball!

Colby garage houses variety of equipment

By David Mable

Baseball is a favored sport in the Colby household. JD, entering the eighth grade next fall, has played at the Urbandale Little League for many years. John, his father, has moved from the role of a helpful dad to that of head coach.

Their team, comprised of seventh and eighth graders from Urbandale, Clive and Windsor Heights, competes in the Urbandale Junior League and has amassed a successful season record of 11-5.

"It's been a good season," says Colby. "The eighth graders have given great leadership to the new guys. For the seventh graders, this was a big step."

In their Windsor Heights garage, the Colbys have found quite a collection of bats, balls, gloves and bags. As JD has grown, his glove and bat needs have changed, and his old equipment now serves as practice and loaner gear for team practices.

His pile of equipment also includes a full set of protective

catchers gear, from the face mask and helmet to the shin and knee guards. A catcher also uses a special glove, providing an extra-large target for the pitcher and extra padding to protect the hands of the one wearing it.

When not behind the plate catching, JD often takes to the pitchers mound for his turn throwing strikes, and when the team is on offense, he swings his DeMarini bat, aiming for the fence, a long 300 feet away.

"There haven't been a lot of home runs this year since we moved up to the big field," says Colby. "That extra 100 feet is a long way for a seventh grader."

Colby has enjoyed his season of coaching, which began in the cold at the end of Iowa's long-lasting winter and concluded in the summer heat of mid-June. All Star and AAU play continues throughout the summer for the Colbys, as they pack the car with contents from their garage several times each week and make the trek to Northfield Little League Park. ■

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

# Grilled hearts of romaine

Tasty salad is easy and quick to fix

By Jan Allen

Summer is here, and summer means grilling. We have discovered a flavorful dish that a friend introduced to us last summer that is a wonderful compliment to a grilled meal, or any meal for that matter. I am a salad girl. I've always loved salad with greens and other fresh vegetables tossed with dressing. Salad is good, but this salad recipe is unique, delicious and quick. Romaine is a hearty green that lends itself well to grilling — it wilts, yet has some crispy edges that create a warm, tasty treat. The best news is that it is easy and quick. You don't have to spend a



lot of prep time or cooking time, as it's done from package to plate in about 10 minutes. It is a perfect dish to fix when entertaining or when you get home from work and need a quick side to go along with the main course.

This recipe calls for blue cheese dressing. My husband and I didn't know we liked blue cheese until we ate this salad at our friend's home. We discovered we love it. Our friend, Anne, used her own recipe to make a blue cheese dressing, but you can use a bottled dressing (our favorite is Bolthouse Farms Chunky Blue Cheese Yogurt Dressing — 35 calories and fairly low fat and low carb). If you absolutely don't care for blue cheese, you can use ranch or any other creamy style dressing with your choice of cheese.

Try this next time you fire up the grill. Who knew something this fast and easy could be this good? It takes just a few minutes and is an easy and delicious addition to your grilling repertoire. ■

## Grilled hearts of romaine

### Ingredients

- 2 hearts of romaine
- Olive oil
- Salt and pepper
- 4 slices smoked bacon, diced and cooked until crisp (I usually use real bacon bits)
- Blue cheese dressing
- Crumbled blue cheese

### Directions

1. Heat the grill to medium low. Cut 2 romaine hearts in half, lengthwise.

2. Lightly brush all 4 romaine halves on all sides with olive oil. Season with salt and pepper.

3. Using tongs, place lettuce directly on grates, cut side down. Cook 2-3 minutes. Lettuce should be slightly raw and crunchy in the center. Allow it to rest on a platter for 5 minutes.

4. Drizzle with blue cheese dressing and top with crumbled blue cheese and crumbled bacon. Serve immediately.

Start to finish: 10 minutes. Servings: 4

Pinit!



# Importance of mental exercise

By Susan Ray, executive director, The Reserve

When people think about staying fit, they generally think from the neck down. Just as the body needs physical exercise to keep fit, the brain needs mental exercise to stay active and alive. The health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, playing and even sleeping. Mental exercise stimulates the brain, often providing long-lasting positive effects regarding thinking, reasoning skills, memory and processing speed. Like other parts of your body, your brain may lose some agility as you get older. As you age, your brain's volume shrinks some over time. The brain can deteriorate even more if you don't take care of it.

You are in control of making brain-healthy life choices. These include:

- Stay physically active. Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells.
- Adopt a brain healthy diet. A low fat, low cholesterol diet is advisable. Many foods, including nuts, fish and red wine, have been linked to a healthy brain.
- Remain socially active. Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.
- Stay mentally active. Mentally stimulating activities strengthen brain cells and the connections

between them, and may even create new nerve cells.

- Keep your brain active every day. Stay curious and involved — commit to lifelong learning. It's never too late to take up a new hobby, visit a new shop or theater or learn to play an instrument.
- Read, write, work crossword or other puzzles.
- Attend lectures and plays.
- Enroll in courses at your local adult education center, community college or other community group.
- Play games.
- A good night's sleep is vitally important to a healthy mind, especially memory.
- Garden.
- Try memory exercises.
- Paint, draw or doodle.

Whether it's a masterpiece or a mere doodle, simply making a picture is an excellent workout for the brain.

• Listen to music. Music affects the brain profoundly and has been linked to improved cognition and memory functioning.

Finally, taking care of your physical self is vital, but it's important that you tend to your mental and emotional health as well. Make mental exercise a routine, just as you have physical exercise. The ultimate goal is a healthy, happy you. ■

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

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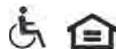


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## LEGAL BRIEFS |

# Paying for long-term care

Applying for Medicaid can be a daunting task

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

**P**aying for long-term care for a loved one can be expensive. A short stay in a rehabilitative center or a more permanent transition to a nursing facility can rapidly exhaust assets. When private insurance is no longer available, the government provides a safety net through the Medicaid program.

Medicaid is a health insurance program for individuals with low income and limited resources. Medicaid was created under Title XIX of the Social Security Act of 1965 and so is often called "Title XIX." Medicaid eligibility has two major components:

- The applicant must have less than \$2,000 in countable resources.
- The applicant must have a monthly income of no more than \$2,163 from all sources.

A spouse's income is not considered available to the spouse who applies for Title XIX. The spouse who does not need care (called the "community spouse") can keep part of the applicant's income if the community spouse's income is less than a certain dollar amount that is determined each year. This "minimum monthly maintenance needs allowance" is \$2,931 per month in 2014.

When the couple applies for Medicaid, an assessment of their resources is made. The couple's resources, regardless of ownership, are combined. The assets are then divided evenly between the spouses and adjusted so that the community spouse has a minimum amount of assets. The community spouse can retain the "spousal share," up to a maximum of \$117,140 in 2014. Once



resource eligibility is determined, any resources belonging to the community spouse are no longer considered available to the spouse in the facility.

In order to become Medicaid-eligible, an applicant must have less than \$2,000 in countable resources. The recipient is allowed to retain one vehicle, personal property and a homestead. Medicaid applicants often need to "spend down" available resources following the attribution of resources.

The state employs a five-year look-back period when determining Medicaid eligibility. If the applicant transferred assets for less than fair market value at any time within 60 months of application, the value of the transferred asset will be imputed to the applicant. This means, for example, that an applicant cannot give away or re-title assets and then immediately apply for Title XIX benefits. There are certain exceptions, including one that allows a family member to retain a home.

Applying for Medicaid for a spouse can be a daunting task and it is vital to get experienced help if you need it. ■

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

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# The importance of staying hydrated

By Clint Rogers, Comfort Keepers

Because more than 60 percent of the human body is made up of water, staying hydrated is important to keep our bodies functioning properly.

As adults, we lose more than 80 ounces of water daily just through normal activity. Elderly adults are among the most at risk groups for dehydration, one of the most frequent causes of hospitalization after age 65. Because of the potentially serious consequences of this condition to seniors, as a caregiver it's important to recognize the causes and symptoms of dehydration as well as how you can help your loved one stay properly hydrated.

As a natural part of the aging process, our bodies undergo physiological changes that increase our risk of becoming dehydrated.

With advancing years, seniors can lose their sense of thirst and tend not to drink enough. Age slows down our metabolic rate, and we need fewer calories. We are not generally as physically active as we once were, either. Our appetites decrease, we eat less food and as a result get less fluids from solid food sources, too, problematic for the elderly since almost everyone gets about half their daily water requirement from solid foods and fruit and vegetable juices.

In addition, our fluid balance can be affected by medication, emotional stress, exercise, general health and the weather. Many seniors have chronic health problems such as diabetes, high blood pressure and heart disease and may take medications that can make them more susceptible to

dehydration. Our aging bodies also lose some natural ability to regulate temperature, making seniors more susceptible to temperature changes in the environment.

Dehydration is caused by loss of salts and water in our bodies due to severe sweating, extreme heat, vomiting, diarrhea and certain medications. Signs and symptoms of dehydration, like those of many other treatable health conditions, can be virtually identical to senile dementia and Alzheimer's symptoms. The most common signs and symptoms of dehydration include persistent fatigue, lethargy, muscle weakness or cramps, headaches, dizziness, nausea, forgetfulness, confusion, deep rapid breathing or an increased heart rate.

The most important way to

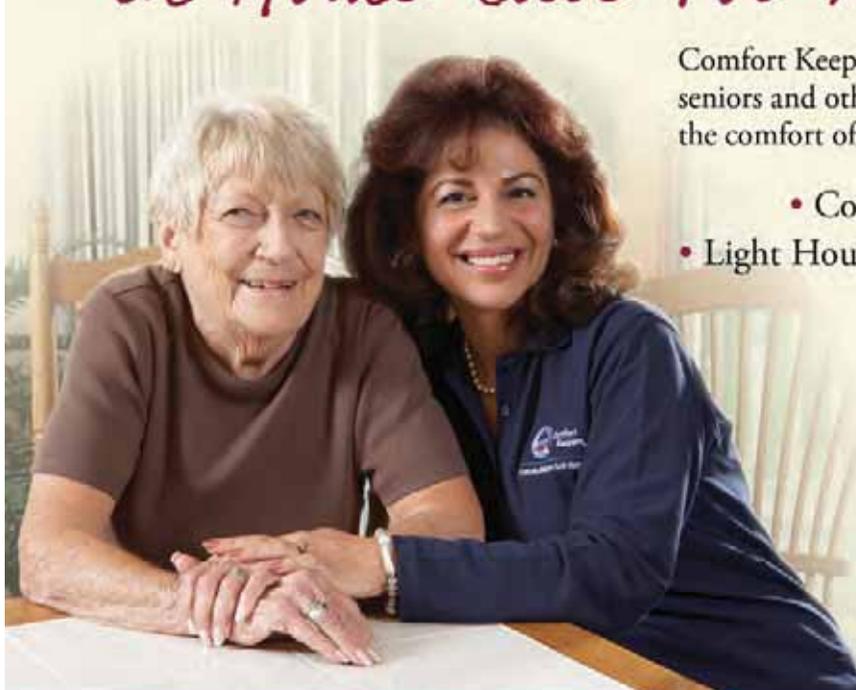
prevent dehydration in elderly adults is to make sure they are drinking enough liquid. Seniors and all adults should drink at least 64 ounces of fluids such as water or non-caffeinated beverages daily. Water can also be found in many fruits and vegetables, so including them as part of a nutritionally sound daily diet will help with staying hydrated as well.

Keep water readily available, especially if you are caring for a senior citizen with mobility problems. If the taste of water is bothersome, try using powdered drink mixes that flavor the water, but do not add any excess sugar. ■

**Information provided by Clint Rogers, Comfort Keepers, 1300 Metro East Drive, Suite 128, Pleasant Hill, 515-243-0011.**

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## CHAMBER NEWS |

# What are we doing?

Chamber helps community grow and prosper

By Michael Libbie, Windsor Heights Chamber board member

The Windsor Heights Chamber is your local link to the economic and development issues that face our community. Sure, we're involved in special events for retail and community programs but our main focus is to promote the economy of Windsor Heights and to be a very public voice in the promotion of our city.

Those of us who live and work here have a choice; we can sit on the sidelines or get into the game. Your Windsor Heights Chamber has made the decision to help our community grow and prosper by being involved. We hope you'll join us in three very specific ways:

If you own, manage or work for a business based in Windsor Heights join us. There is strength in numbers;

You live in Windsor Heights, remember to shop/dine in Windsor Heights. Local dollars circulating here help us all;

Be proud. You live in the heart of if it all and that's a darn good place to be.

We're always ready to listen to your ideas, so feel free to send any of our board members a note. We meet each month and we'll share your ideas with our board. We're serious about building a better community. After all, we are your Windsor Heights Chamber of Commerce.

### One more thing

During the past two months, our ranks have grown by nine members because we've been out knocking on the doors of businesses, sharing with them the value of membership and the importance of building the business sector of Windsor Heights. Executive



Director Deb Bengtson came to us from the West Des Moines Chamber because she believes in the future of our community and she's been most active in member recruitment. We thought you should know.

For your convenience and so we can continue the conversation, feel free to write us.

Betty Ridout, president: [bridout@bankerstrust.com](mailto:bridout@bankerstrust.com).

Steve Peterson, vice president: [steve.01.peterson@gmail.com](mailto:steve.01.peterson@gmail.com).

Leng Vong Reiff, president elect: [leng@akilidesign.com](mailto:leng@akilidesign.com)

Brook Wade, treasurer: [bwade@bankerstrust.com](mailto:bwade@bankerstrust.com).

Matt Cale, director: [matt.cale.nqwd@statefarm.com](mailto:matt.cale.nqwd@statefarm.com).

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Britt German: [britt.german@dmymca.org](mailto:britt.german@dmymca.org).

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# OUT AND ABOUT |



Maggie Rivers and Angela K. Roe at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Hali Fagan and Jane Fagan at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Josie Fierro at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Elmer and Gloria Neussendorfer at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Kevin McCarthy, Shannon Meyer and Martin McCarthy at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Sharon Covey at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Chelsey Morrison, Amy Wickliff and Karen Bianchi at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Ken and Lanita Cavanaugh at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Erin Essy and Tina Smith at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Collette Wait and Lilly Zesch at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Mitch Fransen and Jon Ulrich at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Maria Sherman and Michelle Sherman at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.

# OUT AND ABOUT |



Trish Osburnsen, Angie Piziali and Flo Hunter at the Windsor Heights Farmers Market at Colby Park in Windsor Heights on June 6.



Matt Kneifl and Melissa Gray at the Windsor Heights Chamber Luncheon at Angelo's on May 19.



Desmund Adams, Del Marion and Michael Libbie at the Windsor Heights Chamber Luncheon at Angelo's on May 19.



Tom Wheeler and Carole Chambers at the Windsor Heights Chamber Luncheon at Angelo's on May 19.



Bob Culbertson and George Hanusa at the Windsor Heights Chamber Luncheon at Angelo's on May 19.



Angela Essink and Dave Nagel at the Windsor Heights Chamber Luncheon at Angelo's on May 19.



Deb Bengtson and Betty Ridout at the Windsor Heights Chamber Luncheon at Angelo's on May 19.



Flo Hunter at the Windsor Heights Chamber Luncheon at Angelo's on April 21.



Craig Light at the Windsor Heights Chamber Luncheon at Angelo's on April 21.



George Hanusa and Matt Cale at the Windsor Heights Chamber Luncheon at Angelo's on April 21.



Brooke Wade at the Windsor Heights Chamber Luncheon at Angelo's on April 21.

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# Comprehensive Pediatric Care

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

## Q: How can I protect my child from the sun?

**A:** Get ready for fun in the sun this summer by following these sun safety tips!

- Avoid outdoor play time in the sun between the hours of 10 a.m. and 4 p.m.
- Apply sunscreen 30 minutes before going outdoors. Use a sunscreen with a SPF of 30 or higher. Be sure to cover all skin including the ears, hands and feet. Be sure to keep infants out of the sun and do not apply sunscreen to babies less than six months of age.
- Reapply sunscreen every two hours or after the skin gets wet from swimming or sweating.
- Wear a wide brim hat, sun visor or baseball cap to shade the face and wear light colored, light weight clothing.
- Use an umbrella to create shade.
- Wear sunglasses.
- Encourage constant fluid intake before, during and after playing outdoors. Water is best, but lemonade, fruit juice, popsicles and snow cones are also great sources of fluid. Avoid drinks with caffeine, such as soda pop and tea.



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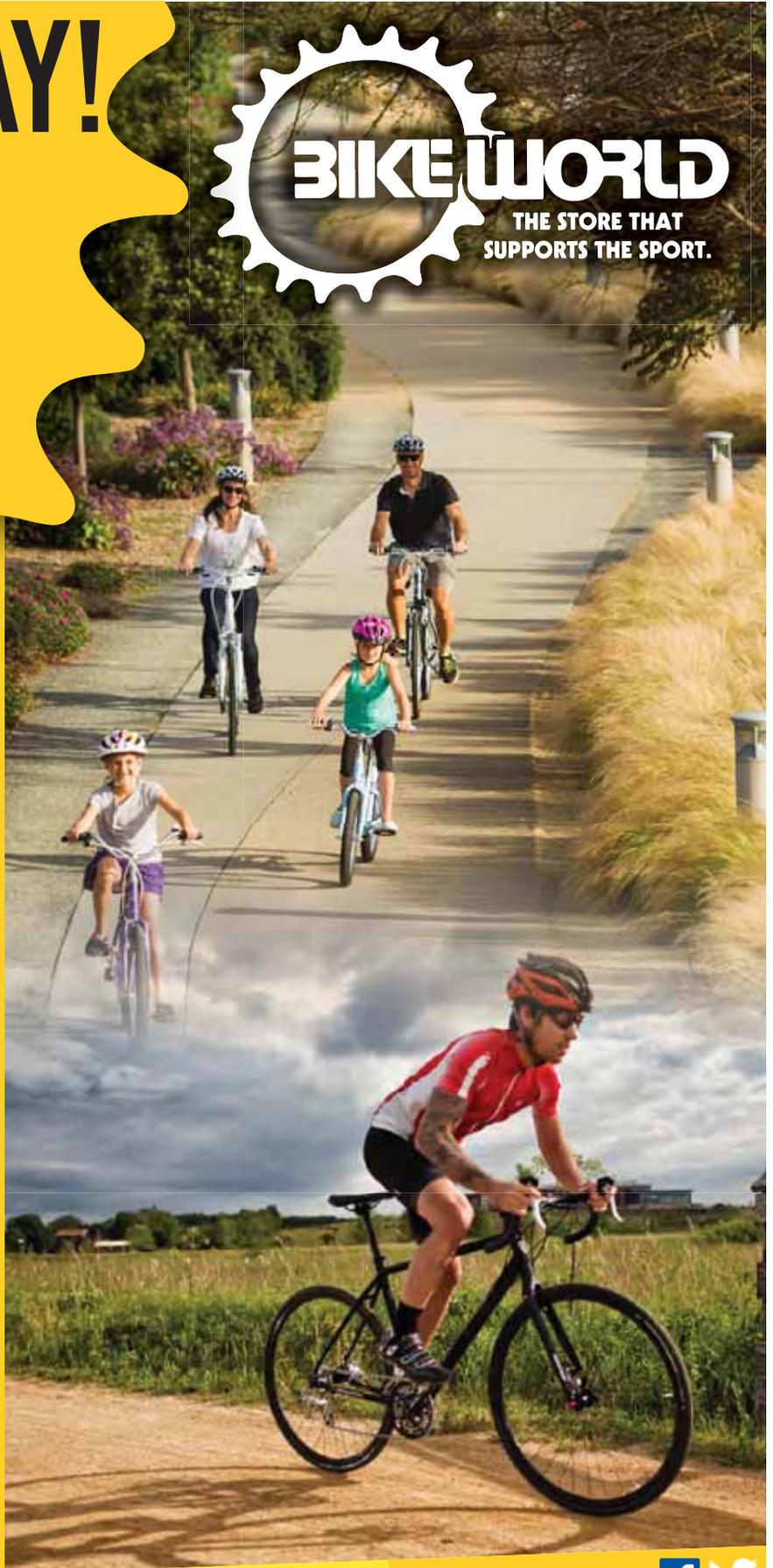


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