

Windsor Heights
Living
magazine

july 2014

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Ranch
CITY

**HOW WINDSOR HEIGHTS
BECAME KNOWN FOR ITS
RANCH-STYLE HOMES**

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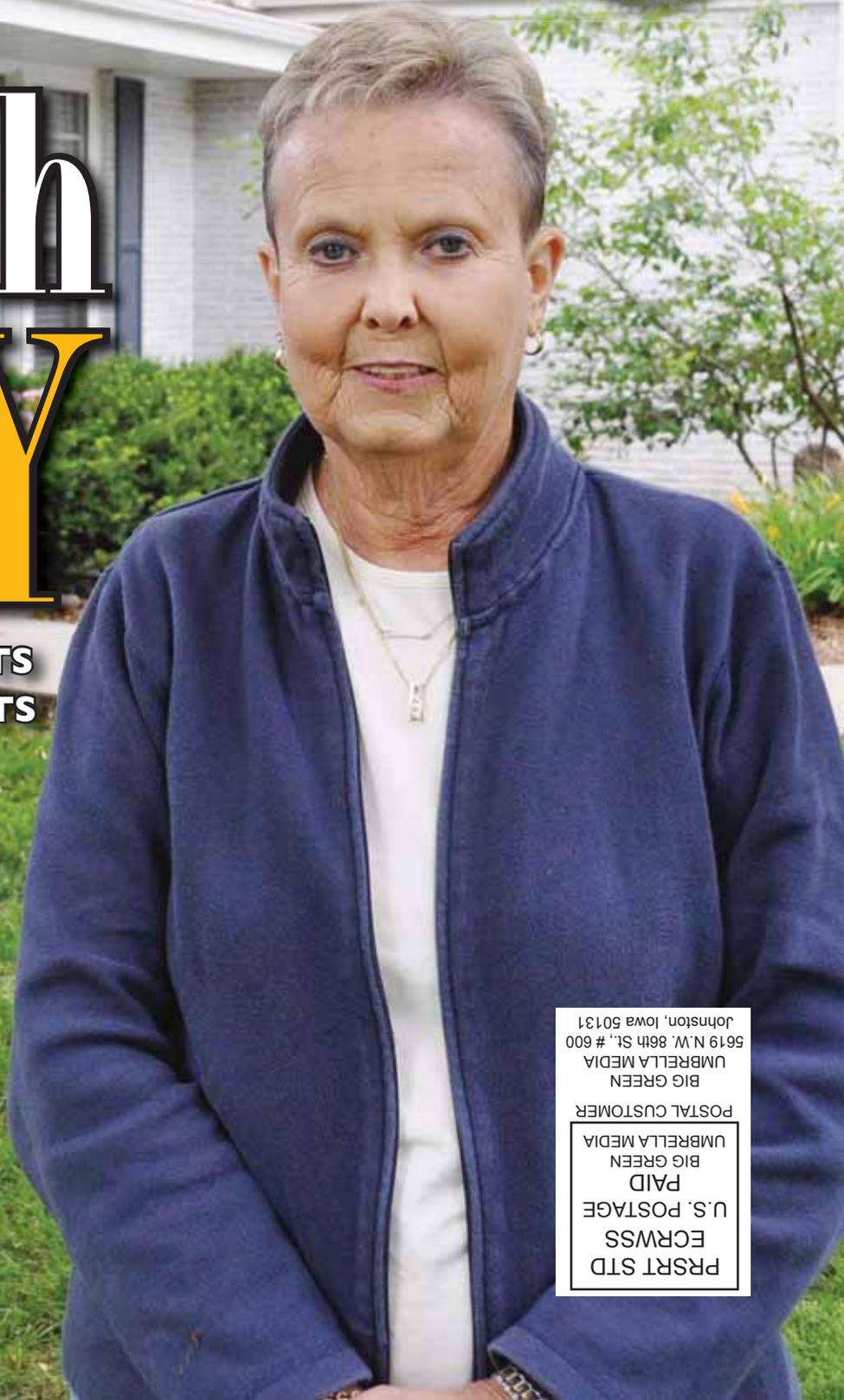
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WELCOME |

A side of ranch, please

Everyone should experience the benefits of living in a ranch home. My wife Jolene and I did a few years back, and we are looking forward to doing so again.



Our first home was a 1970s split foyer, a modestly priced home that fit the needs and budget of this young couple — at least until we swallowed the costs of installing a new furnace, a new central unit, a new roof, new appliances and a new hot water heater, among other things.

With one child in this world and another on its way, we decided to step up to a newer home — a two-story, four-bedroom house with plenty of room and no immediate repairs needed. A job change came about, and we packed up our central Iowa belongings and shipped off to Nebraska City,

Nebraska. This small community was limited in its real estate options, as not a single two-story home was listed for sale at the time. We looked at a bunch of homes, both old and new, and decided on a three-bedroom ranch on the edge of town. My wife, who wasn't too thrilled about moving to Nebraska, was less than excited about moving into this "glorified trailer house." I convinced her it would be OK, and that it would be a sensible purchase for us as we could resell it easily. Five years later, I took my wife and family, kicking and screaming, out of that ranch home in Nebraska City. They fell in love with the community and the home, but we were all excited about getting back home to central Iowa.

We bought another two-story home here in the metro that we enjoy, but each time we clean the house or carry laundry up and down the stairs, we ask ourselves why we didn't consider a ranch. We clearly will next time, as we — like many of you — know the advantages that ranch homes have to offer.

In our cover story this month, we share the history of ranch homes in Windsor Heights along with personal anecdotes from residents who have decided to make Ranch City their home.

Thanks for reading. ■

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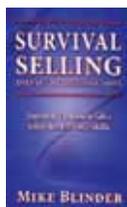


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This large ranch home on 74th Street in Windsor Heights is thought to be the former home of one of the Colbys, who built most of the brick ranch homes in Windsor Heights. Photo by Alan Cross.

Ranch CITY

**HOW WINDSOR HEIGHTS
BECAME KNOWN FOR ITS
RANCH-STYLE HOMES**

By Alan Cross

You might say Charles I. Colby Sr., Clark Colby and Charles I. Colby Jr. are the “Frank Lloyd Wrights” of Windsor Heights.

It’s not much of a stretch, really. Wright was internationally known as an American architect extraordinaire who designed more than 1,000 unique structures — including homes — with more than 500 of his works actually completed. There is no mistaking a Frank Lloyd Wright-designed home.

The Colbys may not be as widely known as Wright, but their building influence can be seen throughout the hills and down many of the tree-lined streets in Windsor Heights. On those streets you will find rows and rows of ranch homes — many of them built by the father and two-son team of Charles I. Sr., Clark and Charles I. Jr. — which is why the Des Moines suburb has earned the nickname “Ranch City.”

“Dad decided on building ranch homes,” says Clark. “And there was a reason why we built the homes the way we did. The country was just coming out of the Depression. We built the homes out of bricks because we could get the bricks in Des Moines.

“And the reason for using bricks instead of wood was so people didn’t have to paint their entire homes all the time. We did have to use a little wood, but Dad said nearly everyone could at least afford a gallon of paint.”

To understand why the Colbys built their homes exclusively in Windsor Heights, you have to know the history behind the Colby family. Charles H. Colby, along with Charles I. (Clark’s father), purchased two farms totaling 160 acres and a coal mine in the early 1900s.

The 160-acre area was known as Colby Acres before it was a part of Windsor Heights. It was after Windsor Heights city administrators finished paving University Avenue up to 70th

FEATURE |

Street that the Colbys began to parcel off and sell the 160 acres for family homes. The area was then incorporated into Windsor Heights.

It was on those 160 acres where the Colbys built the California-style ranch homes made almost entirely of brick.

Clark says he, his father and brother Charles Jr. were just some of the seven or eight builders throughout the Des Moines area at the time.

"We were all friends and got along well," says Clark. "Each builder had his own style and way of building homes. Dad decided on the ranch style, which made us a little unique."

The Colbys didn't build all the ranch-style homes in Windsor Heights, and not all the homes the family built were ranch, but they built enough ranch homes that other builders emulated their style throughout Windsor Heights.

However, just like a Frank Lloyd Wright-designed home, there is no mistaking a Colby-built ranch home.

Soon the town of Windsor Heights would be dotted with those ranch homes.

"I really don't know how many homes we actually built," says Clark. "But I would say it was over 200."

Clark says they built homes for families of all socio-economical levels.

"We did build homes for some wealthy



Betty and Mike Glover stand in front of their Colby-built ranch Windsor Heights home they purchased 16 years ago and are proud residents of "Ranch City." Photo by Alan Cross.

business people," says Clark. "But we also built some for the working families as well."

And while each home had the same basic layout and design, (i.e., three bedrooms, an open living room and dining area) some were just a little bit different.

"For example, we made some homes with a 'mother-in-law' basement," Clark says. "Those

homes had a walkout basement so a mother-in-law could stay in the home and have her own private living area with a private entrance."

But Clark says the design of a Colby-built ranch home may not go over well with some of the house-seekers of today looking for a new, modern-style home. Ranch homes were the rage in the 1950s and '60s but fell out of favor with most builders during the next few decades.

"There's something about walking in the front door and having the bedrooms off to the side right away that people just don't like," says Clark. "There are a couple of other things about the homes that someone looking for a modern home may not like."

In Windsor Heights, however, it was a fad that never faded. Even today, people still clamor for a Colby-built ranch home.

Modern or not, the one thing all the Colby-built homes have in common is the way they were constructed. Colby homes were built to last.

"We didn't scrimp on anything," says Clark. "We used the best possible material we could get. We built each home like it was one that we would be living in."

And one thing about the ranch homes in Windsor Heights, especially the Colby-built ones, is that when people buy them, they tend

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Leigh Lussie moved into her Windsor Heights home in 2009, and it is Colby-built ranch home. The only difference is a previous owner had painted the brick home white, which makes it stand out from the others in the neighborhood. Photo by Alan Cross.

to stay in them for many years.

"I do know that it is rare when one of our homes is up for sale because people tend to live in the house a long time. But on the rare occasion one of the homes is up for sale, it doesn't sit empty very long," Clark says.

Design fits their lifestyle

Mike and Betty Glover are one of the couples that purchased a Colby-built home in Windsor Heights 16 years ago.

"We had been living in Urbandale on Twanda Drive up until 1998," says Mike, who is a retired Associated Press political writer. "We were looking for a home with a little more room, which was close to downtown, had easy access to other parts of the city and one that was located in a nice neighborhood."

The Glover home sits on a half-acre corner lot, has three bedrooms, a basement, two full baths, two half baths and an open living room-dining room area floor plan.

"We have not done any major remodeling or made any additions to the original design of the home," says Betty. "The only thing we did was tear up the carpet in the living area to expose the wood floors."

The Glovers say the design and look of the home fits them and their lifestyle.

"We like having everything on one floor," says Betty. "The basement is large, but we don't use that as any kind of living area. It's nice not having to run up and down stairs all the time."

The one place that does get a lot of use is the solarium, a room with lots of big windows that sets off to the side of the dining room area.

"This is our relaxing area," says Mike. "It is also shows just how well-built this home is. Clay tile is used for the floor, and those tiles are extremely heavy. Yet it is as solid today as when we first moved in."

Mike says the area their house is located in used to be considered the most prestigious in Windsor Heights.

"This area was filled with business executive and business owners," says Mike. "Now it is more of a middle class neighborhood."

A twist of events

Fortune played a big role in Leigh Lussie's move to "Ranch City." After her husband passed away in 2003, she was left with a home in Clive which was much too big for one person to handle.

"I was looking for a home in the about the same area," says Lussie. "I had seen this ranch home in Windsor Heights, but the timing was off. I had to sell my home in order to move, and this particular ranch home had a sale pending. As luck would have it, however, the sale of the Windsor Heights ranch home fell through on the same day my house sold. I was extremely fortunate."

Lussie says her home has three bedrooms with a bath-and-a-half upstairs and a half bath in the basement. There is also a fireplace on the main level and one in the basement. She has

done no major remodeling to the change the original design, although one thing was done to modify the appearance of the home.

"All the homes in the area are slightly different in looks," says Lussie. "However, a previous owner painted the brick of my home all white, so I have the only all-white home on the block."

Lussie moved in to her Colby-built ranch home in September of 2009 and is there to stay.

"I plan on staying here until I can't stay here any longer," she says. "I hope that is a good many years to come."

That is the same way the Glovers felt when they purchased their home.

"We bought the home to live in, not to re-sell it at a later date for a nice profit," says Betty. "I think we would have to re-do a lot of things if we ever did have to re-sell it, modernize the inside at least. But we love our house. What makes it a home, however, is our neighbors and the neighborhood."

Clark Colby says he, his dad and brother had no idea at the time they were building homes in Windsor Heights — especially the ranch styles — that it would be a big of a deal as it is today.

"We were just building homes for families," Clark says. "But to hear, after all these years, how much people love our homes, and that Windsor Heights is known for our homes — especially our ranch-style homes — well, it is a little humbling." ■



"You can tell the year of a vehicle by the shape of its taillights," says Maurine Edmonds, a life member of the Antique Car Club of America. Photo by David Mable.

Convertible weather

Edmonds likes summer with the top down

By David Mable

A cloudless, 80-degree day is the perfect weather for Maurine Edmonds to pull her 1975 Olds convertible out of the garage for an afternoon drive.

"My husband, Al, bought it for me so I wouldn't drive his classic cars," says Edmonds. "He had show cars — Cadillacs and the like. He would take them to the auto shows at the Salisbury House."

His classic cars were usually manual transmissions, with a clutch and shift levers on the column or floor. They were a challenge for Edmonds to drive.

"When I would try to drive one, it never would end well," she says. "So 27 years ago he bought me this car. It's an automatic with power steering, power windows — power everything. It's so easy to drive, I just love it."

Edmonds is only the third owner of her Oldsmobile Delta 88. The first owner had it for 12 years, the second only for a couple of weeks.

"It was in great shape when Al bought it," says Edmonds. "It's still got the original interior and original paint. I've put new whitewall tires on, but they can be unsafe to drive if they get too old."

To keep the nearly 40-year-old vehicle in good shape, Edmonds just drives it in the summer, storing it indoors for the harsh winter months, with their potholes and salt that can wreak havoc on cars in Iowa.

"I just take it out on nice days in the summer," she says. "I don't have any particular place that I like to drive it. I just take it on errands."

More than errands, Edmonds finds a special joy in sharing her top-down ride with friends.

"I really love driving around town on sunny days with my friends," she says. "It's just a fun car to drive."

Give her a wave the next time you see her cruising through Windsor Heights. Her smile will be sure to give you one, too. ■

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

Meet Allie Kirk

Second graders are super excited

By Rainey Cook

Spending summer mornings with second graders is exactly where Allie Kirk wants to be. She adores the super-excited high-energy learners and can't imagine not teaching summer school. The Stretching Minds program meets every morning except Wednesdays for field trips.

The small group of 15 students gains extra knowledge that may otherwise have been lost over the summer. Dedicated teachers like Kirk focus on math, reading and a bit of writing.

The math includes story problems, using number grids and writing a math sentence. These particular students already know how to read and understand phonics. The summer reading focus is comprehension.

"I think the half day, the small group focus and the fun is what really makes this program a success," Kirk says. "We get so much done in a half day."

Aiding Kirk are Iowa State University practicum students who are there to observe and assist to a certain degree. This summer program is a successful career step for these students as well. One of their next steps will be to begin their student teaching.

Although Kirk usually teaches at Clive Elementary during the regular school year, the second grade room she uses at Hillside Elementary is very similar to her



Allie Kirk works with second graders during the Stretching Minds program in summer. Photos by Rainey Cook.

own. Full of number lines, word walls, rules and reminders, she is right at home teaching to that familiar passionate second grader.

Wednesdays are reserved for field trips. The list of destinations includes Blank Park Zoo, Skate South, Monkey Joe's, Incredible Pizza, seeing a moving and bowling.

Although fun and exciting, there is something to be learned from a school field trip. This is where the little bit of writing comes into the program. Kirk has her students write about their experience after every Wednesday trip.

When not teaching during a regular school year or a summer program, Kirk coaches the Waukee dance team. She loves to travel, spend time with friends and family and read. She is currently working towards her master's degree in administration. ■

What did you like best about your teacher?



Melisa Rodrigues: "That she is pretty. She talks about quarters."



Miguel Gomez: "We learn about math. She teaches us."



Sergio Raygoza: "That she's real nice. When people get hurt she gives hugs."

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CALENDAR

Friday, July 18

- Farmers Market, 4:30-7:30 p.m., Colby Park.
- V Baseball Substate Tournament
- Movie in the Park, 7 p.m., Colby Park.

Saturday, July 19

- Cityview's Brewfest, sample variety of beers, \$30 advance, 4-7 p.m., Principal Park, Des Moines.
- V Softball Regionals
- Total Food Makeover, dispel common misunderstandings of basic nutrients and more, 9-11 a.m., Walnut Creek.

Monday, July 21

- Iowa Cubs vs. New Orleans at home, 7:05 p.m.
- Speed Networking Joint Luncheon w/Clive Chamber, 11:30 a.m., Windsor Heights Community and Event Center.
- V Baseball Substate Tournament
- V State Softball Tournament

Tuesday, July 22

- Iowa Cubs vs. New Orleans at

home, 7:05 p.m.

- V State Softball Tournament
- Music in the Park, Urbandale Community Adult Band, free admission, 7 p.m., Colby Park.
- Chamber Night at the Iowa Cubs, \$3/person, 5:30 p.m., Principal Park.

Wednesday, July 23

- Iowa Cubs vs. New Orleans at home, 12:05 p.m.
- V State Softball Tournament
- Planning and Zoning Meeting, 4:30 p.m.
- Do Business Windsor Heights, 7:30-8:30 a.m., Edward Jones-Matt Kneifl, 1100 73rd St.
- V Baseball Substate Tournament

Thursday, July 24

- Iowa Cubs vs. New Orleans at home, 7:05 p.m.
- V State Softball Tournament

Friday, July 25

- Iowa Cubs vs. Memphis at home, 7:05 p.m.
- Farmers Market, 4:30-7:30 p.m., Colby Park.
- Movie in the Park, 7 p.m.,

Colby Park.

- V State Softball Tournament

Saturday, July 26

- Iowa Cubs vs. Memphis at home, 7:05 p.m.
- Free Sports Physicals, 9 a.m. - 5 p.m., East High School.

Sunday, July 27

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

Tuesday, July 29

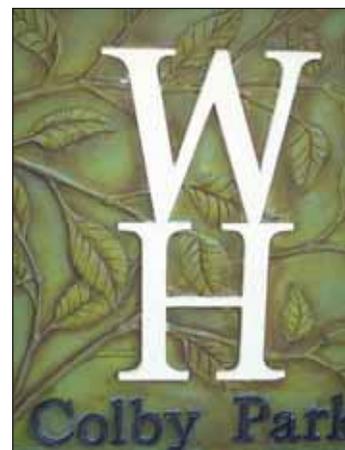
- Music in the Park, Lily Detaeye, folk singer, free admission, 7 p.m., Colby Park.

Wednesday, July 30

- V State Baseball Tournament

Friday, Aug. 1

- Farmers Market, 4:30-7:30 p.m., Colby Park.
- Movie in the Park, 7 p.m., Colby Park.



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CALENDAR

- V State Baseball Tournament

Saturday, Aug. 2

- V State Baseball Tournament

Tuesday, Aug. 5

- Music in the Park, Greater Des Moines Community Band, free admission, 7 p.m., Colby Park.
- National Night Out, presented by Windsor Heights Police, 5-7 p.m., Colby Park.

Thursday, Aug. 7

- VHS Registration. 7 a.m.- 10 p.m.

Friday, Aug. 8

- VHS Registration, 7 a.m. - 10 p.m.

Tuesday, Aug. 12

- Iowa Cubs vs. Las Vegas at home, 6:35 p.m.
- Music in the Park, Hot Club, free admission, 7 p.m., Colby Park.

Wednesday, Aug. 13

- Iowa Cubs vs. Las Vegas at home, 6:35 p.m.

Thursday, Aug. 14

- Iowa Cubs vs. Las Vegas at home, 6:35 p.m.

Friday, Aug. 15

- Iowa Cubs vs. Las Vegas at home, 7:05 p.m.

Thursday, Aug. 14

- RHS Freshman Orientation
- RHS V Boys Golf at Ottumwa, 10 a.m.

Saturday, Aug. 16

- Iowa Cubs vs. Salt Lake at home, 7:05 p.m.

Sunday, Aug. 17

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

Monday, Aug. 18

- Iowa Cubs vs. Salt Lake at home, 6:35 p.m.
- City Council Meeting, 6 p.m.
- RHS Riders Club Meeting, 6:30 p.m.
- RHS JV/V Boys Golf at Indianola, 10 a.m.

Tuesday, Aug. 19

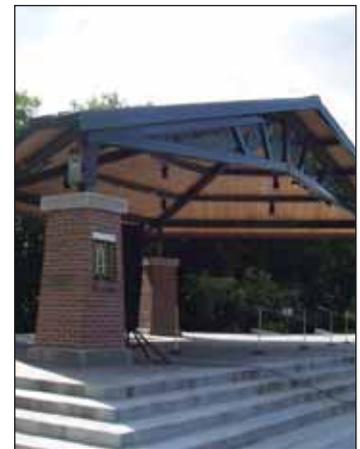
- Iowa Cubs vs. Salt Lake at home, 12:05 p.m.
- VHS V Boys Golf at Iowa City, 9 a.m.

Wednesday, Aug. 20

- First day of school - DMPS
- First day of school - WDMPS

Thursday, Aug. 21

- WHYPro Social, 5:30 p.m.
- VHS 9/10/V Scrimmage, 5/6:15/7:30 p.m.



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Protect your retirement against market volatility

As an investor, you're well aware that, over the short term, the financial markets always move up and down. During your working years, you may feel that you have time to overcome this volatility. And you'd be basing these feelings on actual evidence: the longer the investment period, the greater the tendency of the markets to "smooth out" their performance. But what happens when you retire? Won't you be more susceptible to market movements?

It is still true that time may well be a more important consideration to you during your retirement years, so you may want to be particularly vigilant about taking steps to help smooth out the effects of market volatility. Toward that end, here are a few suggestions:

- **Allocate your investments among a variety of asset classes.** Of course, proper asset allocation is a good investment move at any age, but when you're retired, you want to be especially careful that you don't "over-concentrate" your investment dollars among just a few assets.

- **Choose investments that have demonstrated solid performance across many market cycles.** As you've probably heard, "past performance is no guarantee of future results," and this is true. Nonetheless, you can help improve your outlook by owning quality investments.

- **Don't make emotional decisions.** At various times during your retirement, you will, witness some sharp drops in the market. Try to avoid overreacting to these downturns, which will probably



just be normal market "corrections." If you can keep your emotions out of investing, you will be less likely to make moves such as selling quality investments merely because their price is temporarily down.

- **Don't try to "time" the market.** You may be tempted to "take advantage" of volatility by looking for opportunities to "buy low and sell high." You'll probably be better off by consistently investing the same amount of money into the same investments. Over time, this method of investing may result in lower per-share costs. However, as is the case with diversification, this type of "systematic" investing won't guarantee a profit or protect against loss, and you'll need to be willing to keep investing when share prices are declining.

It's probably natural to get somewhat more apprehensive about market volatility during your retirement years. But taking the steps described above can help you navigate the sometimes-choppy waters of the financial world. ■

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

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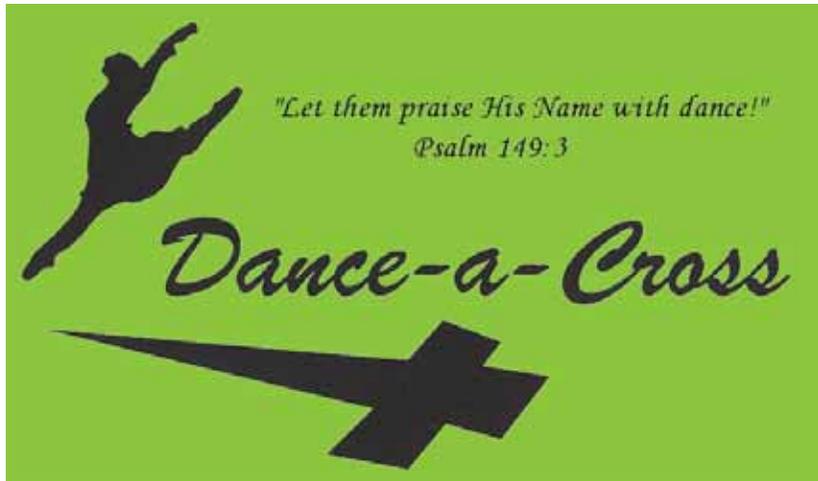
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INSURANCE |

Disaster recovery

Steps to follow after a major event

By Matt Cale, State Farm agent

The period following a natural disaster can be disorienting and dangerous. The following steps will relieve some of the uncertainty and help you stay safe, secure your property and begin the claims process in the aftermath of a major event.

Secure your home

Visually inspect your home for structural damage and take reasonable steps to prevent further damage. Board up holes with plywood and cover leaks with plastic sheeting. Check your appliances for damage and safety hazards, such as gas leaks and electrical problems. Do your checking with a flashlight, not matches or candles, to prevent igniting leaking gas. If you smell gas, open windows and turn off the main valve. If electric wires are shorting out, turn off the power. If your power is out, unplug all devices to prevent damage from an electrical surge.

Neighborhoods recovering from storm damage often attract the attention of repair companies. Ask questions, do research and obtain information before signing a contract for repairs.

Look for an established, licensed or bonded roofer and request references.

Ask to see certificates of insurance to be sure both liability and workers compensation insurance coverage is carried, and are in force.

Insist on a detailed, written estimate clearly stating the quantity of materials needed (labor charges; work specifications) which include starting and completion dates.

Carefully review and understand any warranty and watch for conditions that would void it.

You may also contact your National Roofing Contractors Association at 1-800-USA-ROOF



or go to <http://www.nrca.net/>.

Once the structural damage has been addressed, begin salvaging your furnishings and possessions. Dry and clean saturated floors, furniture and clothing. Separate items that can be cleaned or repaired from those that will be discarded.

If your home is not habitable

If a major disaster was declared for your area, federal housing assistance may be available. FEMA administers post-disaster housing programs, organizations such as the American Red Cross may offer help.

Document your expenses

Your insurer will require you to document any damage to your property and provide receipts for recovery-related expenses. Be sure to save all receipts for home repairs, vehicle towing and repairs, temporary housing, meals and other living expenses.

Also, photograph and list all damaged, spoiled or contaminated items. Check with your claim representative before you dispose of any items you plan to claim as damaged.

Remember, properly documenting your losses and expenses will help expedite your claim. ■

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Ruth Bartusek and her dog, Mimzee, make their home on 70th Street in Windsor Heights. The house is filled with fond memories for Bartusek. Photos by Rainey Cook.

Much to love

Added screened-in porch has been the joy of Bartusek's life

By Rainey Cook

Having been in her Windsor Heights home since 1977, homeowner Ruth Bartusek has much to love about her it. There are many memories she holds dear to her heart.

"I love my home," Bartusek says.

The 1977 layout has remained largely the same. The front sitting room is formal. There is a smaller front room that was once called the library. The formal dining room is now home to a smaller table and studio piano. The kitchen has been slightly remodeled. The cabinets are original to the home, but the updated countertops bring a new life to the area. The table for eight sits perfectly in this large eat-in kitchen.

Off the kitchen in the back of the home is Bartusek's favorite room — the screened-in porch.

"I love my screened in porch more than anything," she says.

Rightly so. It's calming nature feeds the soul with rest, relaxing thought and conversation. The trees, shrubs, decorative rock, singing birds and gentle breeze make this sitting room one anyone would love.

"We play bridge once a week here, and even if it's hot we still like to sit out here," Bartusek says.

She's also been known to through a family birthday party and even a grandson's graduation party here. Her three children and 11 grandchildren love to come home to this house. The space, décor, food, fun and memories are all cherished here.

Her favorite memory is, not surprisingly, her now-favorite spot in the house — that screened in porch — an addition years after the purchase of the home.

"I recall the kids bringing their friends over and tearing it up out there," she says. "It's been

the joy of my life."

Another favorite memory includes the surprise gift of her studio piano. She once started lessons and became too busy with work to practice. She's interested in starting back up again.

Bartusek also enjoys that fact that most of her neighbors have been around for as long as she has. For Bartusek and others, this area has been a great family-friendly neighborhood to raise children and still be close to everything they need — malls, downtown, work.

"I have a lot of memories here," Bartusek says. "I just love my home." ■

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.

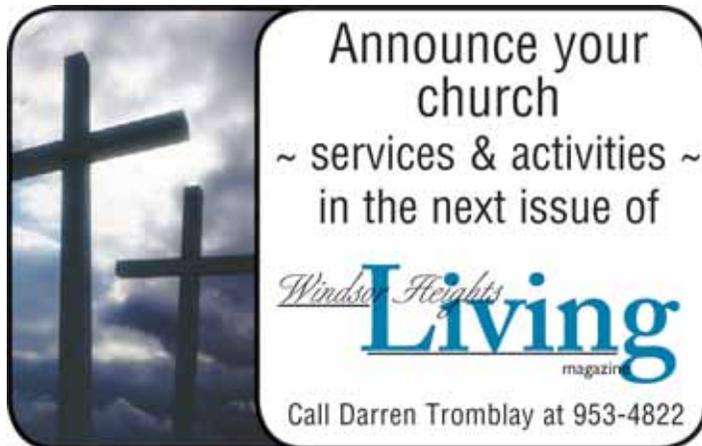
NEWS BRIEF

Free movie night at Merle Hay Mall

Family Movie Night is a fun-filled evening for families and kids of all ages. Held on the second Monday of each month, Merle Hay Mall will feature a new movie and activity. The event runs from 6-8 p.m. and is free. Free popcorn will be provided. Movies will be shown on an 80-inch TV screen. There will also be a children's craft and a coloring activity.

Upcoming movies are "Dr. Seuss' The Lorax" on Monday, Aug. and "Wreck-It Ralph" on Monday, Sept. 8.

Come early and get dinner for the whole family at one of the food court restaurants: Villa Fresh Italian Kitchen, Grillin' Guys from Iowa, Maide Rite, Tamale's Industry, Vietnam Café, Firehouse Wings and Coylie's Cupcakes, Cookies and More. ■



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FAITH



Members of Walnut Creek Church will hold a gift packing party on July 18 to benefit Operation Christmas Child.

Christmas in July

Walnut Creek Churches team up to pack gifts

By Suit Yee Yee

For the fourth year, the four locations of Walnut Creek Church are teaming up to bring Christmas to summer.

The church is partnering with Operation Christmas Child, a ministry of Samaritan's Purse, to pack and deliver Christmas gifts to children who are living in poverty regions around the world. The event is scheduled on July 18. There will be a gift-packing party from 6-8 p.m., followed with a concert by Beautiful Eulogy at 8:30 p.m.

"The church's mission behind the event is to help improve the lives of children in need and introduce them to the love of Jesus Christ," Christmas in July Coordinator Tim Laehn says.

Items the church is prepared to include in the shoebox gifts are things like school supplies, hygiene items and stuffed animals. Laehn believes these basic items may be taken for granted by most people these days, but things like this can bring huge impacts to children in impoverished nations.

Laehn says the idea of hosting Christmas in July began from a time when the church's community group participated in a service project of packing shoebox gifts at the home of an Operation Christmas Child volunteer.

"We started to brainstorm ideas for what we could do as a church to support the ministry," Laehn says.

The event will conclude with a concert featuring Beautiful Eulogy, a Portland, Oregon-based Christian hip-hop group consisting of artists Braille, Odd Thomas and Courtland Urbano. After the first 200 tickets, 100 percent of the ticket profits will go to Operation Christmas Child.

The community has been giving great support to the event in past years, packing 400-600 boxes. Last year, they successfully raised more than \$1,000. This year, the church is pushing its goal further, hoping to pack a total of 1,000 boxes and raise \$7,000. The fund raised would be used to cover the shipping cost as each box costs \$7 to be shipped.

Both the packing party and concert will take place at the church's downtown branch, 323 E. Locust St., Des Moines. Christmas in July is free and open to public, while the concert tickets cost \$10 and can be purchased at the door or online at www.eventbrite.com. For more information, visit the church's website at www.walnut-creekchurch.org/ or contact the office at 515-279-8312. ■



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MOST BEAUTIFUL YARD CONTEST

The Keep Windsor Heights Beautiful Committee is proud to announce this year's winners of the Most Beautiful Yard contest.

The first place winner is Brandon and Sara Haines at 1910 78th Street. The two runners-up are Terry and Deb Johnson at 2230 70th Street and Don and Kathleen Papian at 7150 Forest Court. These homeowners have invested countless hours and hard work in creating attractive yards that enhance the beauty of Windsor Heights.

Residents of Windsor Heights were asked to nominate the yards of other residents or could nominate their own yard for consideration. The committee encourages residents to be observing distinctive yards that would be worthy of nominations for next year.

The winner received a decorated garden stone designed and created by Mimi Senn of Solo Designs. The runners-up received \$50 gift certificates to Wild Birds Unlimited which helped to support the contest.

SAVE THE DATE! NATIONAL NIGHT OUT IS AUGUST 5 FROM 5PM-7PM IN COLBY PARK

Once again Windsor Heights will join communities across America for their award winning "Night Out Against Crime and Violence". This year's event will be full of FREE family activities and fun. There will be lots of family fun with food, games, rock climbing, bounce house, dunk tank, canine demonstration, barrel train rides, police and fire equipment to view and a game truck. Prizes and drawings will take place throughout the event and a helicopter will be on static display (weather permitting).

Each year a community service project is held in conjunction with the Windsor Heights event. This year the Police Association will be collecting new gift cards to benefit families of Iowa National Guard service men and women who are on deployment. Please bring new and unused gift cards in any denomination. Donations will also be accepted that will go to the purchase of additional gift cards. Silent auction items will be available to bid on with all proceeds going to benefit our service project.

Don't forget your lawn chair and make an evening out of it! The Greater Des Moines Community Band will play at 7pm as part of the Music in the Park summer concert series.

Contact Officer Amanda Woods at awoods@windsorheights.org or 277-4453 for additional information on the event, sponsorship information or if you are unable to attend but wish to make a donation to the service project.

Event sponsors include: Matt Cale State Farm, Iowa Photo Booth, W.H. Foundation, Blank Park Zoo, Masonic Lodge, Edward Jones, Klassic Kids, Kruegers BP, SCI of Iowa, Sam's Club, Quick Trip, Wal-Mart, Target and Hy-Vee.

SAFETY HEIGHTS

Windsor Heights Police Department's 1st annual "Safety Heights" child education program will be held August 7 or 11 from 9am-1pm.

Safety Heights is a four-hour age appropriate community policing program for children entering kindergarten. Education topics will include school bus safety, bike safety, fire awareness, window safety, stranger danger, gun safety and bullying awareness. A \$25 registration fee will be required. Registration fee includes a tee shirt, bike helmet, drink and snack. Each session is limited to the first twenty-five (25) students to enroll. Enrollment is not limited to Windsor Heights residents so bring a friend or register your grandchildren.

Sign-up at the WH Police Department, 1133 66th Street, or download a registration form at www.windsorheights.org. Contact Officer Amanda Woods at awoods@windsorheights.org or 277-4453 for more information.

WINDSOR HEIGHTS ICE CREAM SOCIAL NIGHT

Calling Windsor Heights residents!

Do you want to reacquaint yourself with your neighbors while enjoying a bowl of ice cream on your front lawn?

The Windsor Heights Foundation is seeking volunteers to host their neighbors for an ice cream social in their yard. We want many yards throughout the city to be filled with neighbors meeting neighbors.

Sunday, August 24 at 6:30pm

We'll provide the invitations, ice cream, bowls and spoons; your neighbors will bring their own lawn chairs and you provide the yard.

Please call or e-mail to volunteer: Sandy O'Brien, odenob@aol.com or 279-8942; Laura DeBartolo-Tow, ttow95@msn.com or 975-0228.



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

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



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 this online survey.

The survey will run through the end of August and is included in the link below. 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. 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.

If you don't have access to a computer, please call the City Administrator at 645-6808 to schedule a time to use a computer for free at City Hall.

Please visit <http://bit.ly/windsorheights> to take the survey.

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Have your fish baked or grilled



Easy fish fillets

Recipe is versatile and tasty

By Marchelle Walter Brown

When the request came in for a recipe this month, I was on vacation in Georgia and only had one thing on my mind... fish! At that time I was only thinking about catching them, but knowing that we'd be bringing a cooler-full home for cooking later caused me to decide to share one of my favorite fish recipes with you. It's at the top of my list for several reasons: It's versatile, it's delicious and it's easy.

I mentioned versatile first because that's probably what I like the most about this recipe. You can use virtually any kind of fish (my personal preference is some type of white fish, such as bass or cod), you can bake it in the oven or grill it outside, and you can experiment with the seasonings, adapting them to your own personal preference. ■

Ingredients

1-1/2 pounds of fish (About 5 average sized fillets 1/2 to 3/4 inch thick)
Lemon juice
2 tablespoons butter (melted)

Garlic powder*
Cajun seasoning*
2 tablespoons mayonnaise or Miracle Whip
Parmesan cheese

Directions

1. Sprinkle fish fillets on both sides with lemon juice, and then dip them in melted butter, coating both sides. Sprinkle garlic powder on one side of the fillet, then place the fish, seasoned side down, on a baking dish or grill pan, depending on your cooking preference.
2. Next, sprinkle the other side with cajun seasoning and then slather with mayonnaise or Miracle Whip.
3. Place the baking dish in a preheated 400 degree oven and bake for 20 minutes, or place the grill

pan on a hot grill, and cook until just flaky.

4. At this point, if liquid has accumulated in the bottom of the pan, carefully drain as much off as possible, and then generously sprinkle the top of the fillets with Parmesan cheese and continue baking about 5 minutes until it starts to turn golden and look crispy. Flip the fillets and generously sprinkle the other side with Parmesan and cook 5 more minutes.

*These seasonings can be adapted to your personal preference..

Pinit!



Independence Day: a day to celebrate

Staying active can keep you independent longer

By Susan Ray, executive director, The Reserve

Independence Day, commonly known as the Fourth of July, is a federal holiday. On July 4, 1776, we claimed our independence from Britain, and democracy was born. The United States is truly a diverse nation made up of dynamic people. Each year on July 4th, Americans celebrate their freedom and independence.



Independence Day is a day of family celebrations with picnics and barbecues. The activities surrounding this celebration place emphasis on the American tradition of political freedom. Activities affiliated with this day include eating competitions amongst family members and games like baseball, tug-of-war, and water balloon launching. It's a fun-filled celebration.

Keeping our independence as we age is goal of Americans. Increasing life expectancy has led to higher expectations amongst people to not only live longer, but to live longer with lower levels of morbidity, few years of disability and with a high quality of life. Medical advances are increasingly making longer, healthy life-spans possible.

Each of us can contribute to assuring our own independence by making healthy choices. There are a number of "choices" you make that can enhance your ability to remain independent.

• **Choose to make regular exercise a part of your routine.** Thirty minutes daily is a good start. Walking may be an exercise you enjoy and is readily available to do outside or in the mall. Find what you enjoy and stick with it. The

key is to keep moving. It's not only essential for overall physical health but also important for your cognitive health.

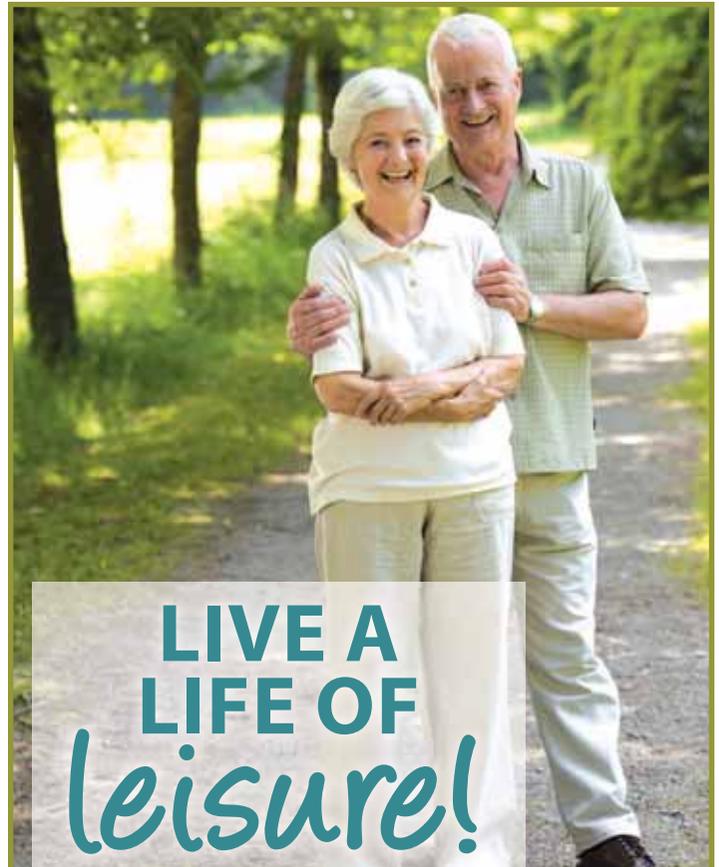
• **Proper balanced nutrition is a key to health as well.** Take advantage of the fresh produce throughout the summer. Make good choices about what you are putting in your body. The long-term results are well worth eating all those vegetables and fruits.

• **Make the choice to stay involved.** The best way to combat isolation, loneliness and depression is to socialize and be around people. Get involved in your community. Visit the art center, attend local concerts or make a personal goal to visit all the parks in your community.

• **Keep your mind stimulated.** Stay curious about things. Commit yourself to lifelong learning. Enroll in a course at your local adult education center to learn something new.

We live in a country that allows us freedoms. Exercise the freedom of choice when it comes to your health and personal independence. ■

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



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Advance directives

Make sure your wishes are known

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

Every person should have an advance directive in place which expresses your wishes for your medical care and nominates a person to make those decisions for you.

Competent adults have the right to refuse or accept medical treatment after being informed of the procedures and risks. However, there is a concern over how medical care decisions will be made when people are unable to make decisions for themselves. An advance directive states your health care choices in writing while you are still able to articulate your decision.

If you have not executed an advance directive and are unable to make decisions, others will make health care decisions for you, in consultation with your physician. Difficult and emotional decisions may fall to your spouse, your children or your parents. If your family disagrees on a course of action, problems can arise.

An advance directive both expresses your health care choices in writing and nominates someone to carry them out. Without a written advance directive, you have no control over who makes the decisions or what choices they make.

Two advance directives are crucial. A durable health care power of attorney is a document through which you name another person to make health care decisions for you if you are unable to make them. The person, known as your "attorney-in-fact," is required to make decisions according to directions you provide. If your wishes are not known, your agent



will make decisions in your best interest based on the discussions you have had with your agent. The document is "durable" because it is still effective even if you become incapacitated or incompetent.

A living will is a document that expresses in writing your directions for your medical care if you are unable to express your wishes yourself. It can direct your physician to withhold or withdraw certain life-sustaining procedures if you are in a terminal condition. However, it can be much more comprehensive than that and can include what you want to happen in various situations.

These two documents work together. The health care power of attorney nominates somebody else to make medical decisions for you. The living will gives your attorney-in-fact directions on which decisions to make and when.

Advance directives are like a second set of keys to your car. You give them to someone you trust in case you can't get where you need to go. ■

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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Living with arthritis

By Clint Rogers, Comfort Keepers

With more than 100 forms of arthritis and other rheumatic diseases, approximately 52.5 million U.S. adults, 49.7 percent of which are aged 65 or older, struggle to manage daily tasks. Arthritis is currently the most common cause of disability in the U.S. and can prevent seniors from accomplishing the simplest tasks. While there is no cure, there are many coping strategies for managing arthritis and accompanying conditions.

• **Maintain optimal weight and exercise.** Carrying extra weight creates additional stress and pain on joints that are already inflamed with arthritis. Exercise, which may be painful initially but will actually decrease pain over time, not only helps keep the weight down but also helps the joints moving freely.

Exercise also releases endorphins, which can help stave off bouts of depression and release anxiety. Both maintaining weight and exercising help to manage other chronic conditions such as diabetes and heart disease. Before beginning a program of exercise, seniors should speak with a medical professional.

• **Practice good nutritional habits.** Certain foods have been shown to reduce inflammation associated with arthritis as well as help maintain a healthy weight. Fish, at least twice a week, can reduce joint swelling, pain and stiffness. Studies of rheumatoid arthritis patients show that adding fish oil supplements to their daily diets reduced arthritis symptoms to the degree that some patients were able to stop taking non-steroidal anti-inflammatory drugs.

Nuts and seeds, loaded with inflammation-fighting monounsaturated fat and fruits and vegetables, especially dark, leafy green vegetables that are high in antioxidants, also reduce arthritis symptoms. For maximum results, seniors should consume 1.5 ounces of nuts and at least nine servings of fruits and vegetable daily. Other foods that can help reduce pain are extra virgin olive oil (two to three tablespoons daily) and beans (at least two cups weekly). Vitamins A, C, D, E, K, and the B vitamins are also beneficial for reducing flare-ups.

• **Manage stress.** Stress triggers the release of chemicals, such as cortisol, in the brain that can trigger flare-ups and increase the chances that the arthritis sufferer will develop other chronic conditions such as heart disease, anxiety and depression. Staying active, doing deep

breathing exercise, venting through friends or writing in a journal can help reduce stress, thereby reducing pain, inflammation and the risks of developing other conditions. ■

References: Arthritis Foundation. (n.d.). *What you can do.*

Bret S. Stetka, MD, Nathan Wei, AB, MD (March 22, 2013). *Arthritis, Then and Now. Centers for Disease Control and Prevention.* (March 17, 2014).

Arthritis-Related Statistics. National Institute of Arthritis and Musculoskeletal and Skin Diseases. (n.d.). *Living With Arthritis: Easy-to-Read Information for Patients and Families.*

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

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CHAMBER NEWS |

We're just warming up

Highlights of upcoming Chamber events

By Michael Libbie, Windsor Heights Chamber board member

What a fantastic holiday weekend over the Fourth of July, and we're just warming up. The rest of the summer is devoted to making sure folks living in Windsor Heights have a great time as well as promote doing business with our friends and neighbors. Some highlights:

Speed networking with the Clive Chamber

On Monday, July 21 members of the Windsor Heights Chamber will meet with members of the Clive Chamber for what is being billed as a "speed networking event." The goal is to get business people talking about their business and get introduced across community borders.

Do Business in Windsor Heights

People do business with people they know and trust. Once a month the Chamber holds a morning Coffee and Conversation event where members are encouraged to visit fellow member businesses and learn more. This month, on July 23, we're at the Edward Jones office of Matt Kneifl. All members are invited to attend.

Chamber Night with the I-Cubs

Members of the many metro area Chambers will be taking in an I-Cubs game at Principal Park on the July 23. No, it's not free — but almost. Join us today, come along for a great time, and see Manny Ramirez. Hey, we're in!

The Chamber is growing

A year ago the Windsor Heights Chamber had 38 businesses; today we're more than 58 and grow-



ing each day. If you would like to become part of this growing, dynamic group of people committed to making Windsor Heights and the metro a better place to live and work, join us by learning more online www.WindsorHeightsChamber.com.

National Night Out

This has become a very big deal. Join members of the Windsor Heights Chamber and our friends from the Windsor Heights Police Department for fun, entertainment and education on Tuesday, Aug. 5. We'll gather at Colby Park starting at 5 p.m.

WHYPro Socials

Each month the Windsor Heights Young Professionals get-together for a social. Mix, mingle and talk about little business. The August WHYPro event is on the 21st.

Big news for bikes

Members of WHYPro and the Chamber are helping the City of Windsor Heights in moving forward with a plan to create a bicycle oasis on the bike trail next to Colby Park. Thousands of cyclists roll through Windsor Heights each week. What a great way to connect and share more about our community. More to come. ■

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OUT AND ABOUT |



Tony Timm, Kevin Trevillyan and Elizabeth Presutti at the DART bus driving contest in Des Moines on June 4.



Tony Timm driving a DART bus in the driving contest in Des Moines on June 4.



Kevin Trevillyan driving a DART bus in the driving contest in Des Moines on June 4.



Jeff Fiegenschuh and Kassie Brown at the Windsor Heights Chamber Luncheon held at the Windsor Heights Community & Event Center on June 16.



Kim Fankhauser and Carole Chambers at the Windsor Heights Chamber Luncheon held at the Windsor Heights Community & Event Center on June 16.



Jason VanAusdall and Tina Campbell at the Windsor Heights Chamber Luncheon held at the Windsor Heights Community & Event Center on June 16.



Dave Nagel and Matt Kneifl at the Windsor Heights Chamber Luncheon held at the Windsor Heights Community & Event Center on June 16.



Chris Okiewicz at the Windsor Heights Chamber Luncheon held at the Windsor Heights Community & Event Center on June 16.



George Hanusa at the Windsor Heights Chamber Luncheon held at the Windsor Heights Community & Event Center on June 16.



Deb Bengtson and Matt Cale at the Windsor Heights Chamber Luncheon held at the Windsor Heights Community & Event Center on June 16.



Corey Lockner and Kris Gregerson at the Do Business Windsor Heights at Matt Cale's State Farm Agency on June 25.



Kendal Bartlet and Allison Carlson at the Do Business Windsor Heights at Matt Cale's State Farm Agency on June 25.

OUT AND ABOUT |



Matt Cale and Matt Reiff at the Do Business Windsor Heights at Matt Cale's State Farm Agency on June 25.



Jeff Fiegenschuh and Betty Ridout at the Do Business Windsor Heights at Matt Cale's State Farm Agency on June 25.



Dan Piller and Michael Libbie at the Do Business Windsor Heights at Matt Cale's State Farm Agency on June 25.



Heidi Anderson with Polk County Conservation talking about Animal Science at the Franklin Library in Beaverdale on July 8.



Merrick and Godric Morrill at Animal Science with Polk County Conservation at the Franklin Library in Beaverdale on July 8.



Harlem, Zavier and Jenn Gurley at Animal Science with Polk County Conservation at the Franklin Library in Beaverdale on July 8.



Kira Currier and Katherine Currier at Teens get crafty at the Franklin Library in Beaverdale on July 7.



Skylar Davis and Amelia Allaway at Teens get crafty at the Franklin Library in Beaverdale on July 7.



Cecilia Becicka and Rosie Becicka at Teens get crafty at the Franklin Library in Beaverdale on July 7.



Georgia Page, Eleanor Reynolds and Kathleena Hampton at Teens get crafty at the Franklin Library in Beaverdale on July 7.



Konner Shivers, Viki Madison and Sara Goff at Teens get crafty at the Franklin Library in Beaverdale on July 7.



Naomi Bourland and Rebekah Bourland at Teens get crafty at the Franklin Library in Beaverdale on July 7.

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