

Windsor *Living* magazine

august 2014

50324

Back to SCHOOL

WHAT YOU CAN EXPECT THIS SCHOOL YEAR

FRUIT DUMPLINGS
RECIPE

COMFORTABLE COLBY
WHERE WE LIVE

EXPANDING THE HOUSE OF CHRIST
FAITH

PRSR1 STD
ECRWSS
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
POSTAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
5619 N.W. 86th St., # 600
Johnston, Iowa 50131

VINTAGE COOPERATIVES

own your share. share your story.

VINTAGE PARK
COOPERATIVE
of Beaverdale



Vintage Park Cooperative of Beaverdale is already 70% reserved — act now to reserve one of the remaining 16 units!

Over 100 senior housing cooperatives have been developed in the Upper Midwest, and the concept is expanding into Central Iowa. Proposed for Beaverdale, Vintage Park Cooperative is more than just a building, offering a lifestyle that is unique among alternative housing options. Why has the cooperative form of ownership become the choice of those 55 and above? Because independent seniors have discovered the many benefits of the cooperative lifestyle.

Vintage Park Cooperative of Beaverdale

INFORMATION CENTER
3615 Beaver Avenue
Des Moines, Iowa
(Located south of Casey's on the corner of Beaver and Douglas)

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

(515) 279-1000
www.VintageCooperatives.com

WHAT ARE THE BENEFITS?

- A simplified lifestyle at an affordable price
- Preservation of home equity and return on investment
- Member owned - Member controlled
- Community lifestyle - fosters an active social life resulting in healthier and happier living
- Enjoy peace of mind - relief from the work and worry of home maintenance
- NEW floor plans, 1BR - 3 BR up to 1,623 sf



Ewing Development • 909 West 16th, Pella IA 50219 • (641) 628.0073 • www.ewingdevelopment.com

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



WELCOME

34-15-3

I can't seem to remember a lot of important things these days, like my daughter's dance class schedule, my computer password or when to change my furnace filters. But other useless items are forever imprinted in my brain — like my junior high locker combination. My good friends tell me it's because I have an impeccable long-term memory but the worst short-term memory they have ever seen. They may be right. I can't remember.



But I do remember being 12 years old and entering the sixth grade at O.B. Laing Middle School for the first time. This was a major transition in my hometown of Algona, as all the elementary schools went up to fifth grade. That made sixth grade a coming-together of kids from all over town. That's a lot of change for a pre-teenager, but with it came some perks, like

having a student locker.

As we publish this back to school issue, I am reminded how that school locker was kind of like my first home away from home, a mini-dorm room per se. It was a place I could personalize with my own stuff without my parents telling me to clean it up every day. The combination made it quite private, too, like a giant personal diary. And getting into it between classes was often a timed obstacle course in itself.

In fact, if that school locker wasn't so important, why do I still occasionally dream that I am back in school and can't get into it?

For the most part, school lockers look much the same today as they did when I was a kid. But some schools are experimenting with different uses of lockers, using them less to avoid potential problems. Some are taking them out of the hallways and into the classrooms. And some schools are getting rid of individual student lockers all together.

I tend to support the usage of school lockers. They are a rite of passage for many students, a way for them to feel one step closer to growing up. And the personal responsibility of having to memorize a combination is good. After all, what else can effectively clog up your brain 33 years later?

Thanks for reading. ■

Shane Goodman
Publisher



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

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



Iowa
Living
magazines

Still Time To Register For Fall Classes!

CLASSES BEGIN AFTER LABOR DAY!

AGES 3-18:

Tap • Jazz • Ballet • Hip Hop
Tumbling • Cheer

ADULT:

Exercise • Ballroom
Zumba • Yoga



Cinderella recital

Come to the
**DANCEWEAR
SHOP**
for all your
dancewear
& shoes!

HOURS:
Monday, Tuesday and Thursday
10am-8pm
Saturday
10am-3pm

FAMILY OWNED
& OPERATED
Since 1995



Dance-a-Cross

"Let them praise His
Name with dance!"
Psalm 149:3

See full class and clinic schedules at www.Dance-a-Cross.com

1970 Grand Ave. • Suite 37 • West Des Moines

515.287.6691



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ARE YOU READY FOR SOME FOOTBALL?



Join the YMCA for a fun, safe and non-contact Fall Flag Football League.

Our league helps develop skills with equal playing time for all participants.

REGISTER TODAY

- OPEN TO BOYS AND GIRLS
- KINDERGARTEN - 6TH GRADE
- EIGHT-GAME SEASON
- PLAYED ON SATURDAYS AT VALLEY STADIUM FROM SEPTEMBER 6 TO OCTOBER 25
- \$60 FOR Y MEMBERS
- \$120 FOR NON-MEMBERS

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

FOLLOW US



MISSION

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

106-6087

www.dmyymca.org/flagfootball

INSIDE |

5 Cover story

Back to school

10 Calendar

A comprehensive list

12 Finance

Money lessons

14 Insurance

School bus safety

19 Education

Mackenzie Keenan

21 Where we live

Comfortable Colby

22 Recipe

Fruit dumplings

23 Senior living

Lifelong learning

24 Legal briefs

The importance of a will

28 Chamber

News of local events



Page 5



Page 19



Page 21

On the cover: Rylan and Olivia Fife. Photo by Dawn Sagario Pauls.

PUBLISHER:
EDITOR:
SALES MANAGER:
ACCOUNT EXECUTIVES:

Shane Goodman
Darren Tromblay
Jolene Goodman
Debra Prentice
Dan Juffer
Christina Anderson
KK O'Neill
Wendy Goodale
Brooke Pulliam
Julie Downing
Marolynn Berrett
Janice Glandon

DESIGN MANAGER:
GRAPHIC DESIGNERS:
EDITORIAL ASSISTANT:
CONTRIBUTORS:

Celeste Jones
Karen Ericson
Tyler Nash
Kathleen Summy
Dawn Sagario Pauls
Rainey Cook
David Mable
Suit Yee Yee
Brent Antisdell
Brent Antisdell
Lindsay Woody

BUSINESS OFFICE MGR:
DISTRIBUTION:
DIGITAL:

ADDRESS: 5619 N.W. 86th St. Suite 600, Johnston, IA 50131
PHONE: 515.953.4822
EDITORIAL: ext.304
ADVERTISING: ext.319
DISTRIBUTION: ext.316
DESIGN: ext.313
ACCOUNTING: ext.316
FAX: 515.953.1394
WEB: www.iowalivingmagazines.com



Circulation and readership audited by



Windsor Heights Living magazine is a monthly publication of Big Green Umbrella Media, Inc., an Iowa corporation. Nothing may be reprinted in whole or in part without permission of the publisher. Windsor Heights Living magazine is mailed free of charge to every household and business in the 50324 zip code. Others may subscribe for \$18 annually. Copies of past issues, as available, may be purchased for \$3 each (plus shipping if required).



Back to SCHOOL

WHAT YOU CAN EXPECT THIS SCHOOL YEAR

The new Jesse Franklin Taylor Education Center at Casady, located at 1801 16th St., opens this school year. The facility, part of Des Moines Public Schools, will house preschool classes and the district's middle school alternative program. The building replaced the Casady Alternative Center. Photo by Dawn Sagario Pauls.

By Dawn Sagario Pauls

Summer's come and gone. That means it's back to school for many Windsor Heights families. Students attending Des Moines Public Schools or West Des Moines Community Schools will be seeing some new faces, programs, facilities and more. Here's what to expect:

Des Moines Public Schools

Last year's student enrollment was about 32,400, and the district anticipates seeing some gains again this school year. About 200 new teachers will be on staff, and 14 schools will have new principals. They are:
Barb Adams, Findley Elementary School
Rob Burnett, Walnut Street School
Jill Burnett-Requist, Carver Community School
Kristy Fitzgerald, Phillips Traditional School
Cindy Flesch, Hoover High School
Jessica Gogerty, director of Central Academy
David Johns, Meredith Middle School

Craig Leager, Goodrell Middle School
Shelly Pospeshil, Lovejoy Elementary School
Laurel Prior-Sweet, Monroe Elementary School
Traci Shipley, River Woods Elementary School
Dawn Stahly, Callanan Middle School
Bill Szakacs, South Union Elementary School
Cindy Wissler, Jackson Elementary School
Also, two current administrators are stepping into new roles:
Holly Crandell, interim chief academic officer
Matt Smith, interim chief schools officer

Get information on your phone

A new smartphone app for the district is debuting this school year, says Phil Roeder, director of communications and public affairs for Des Moines Public Schools. Information on the district's website will be now be available on people's phones, including events calendars, directories, a breakfast and lunch menu with nutritional information and school finder program.

The app will be available for iPhone and Android.

Change in bell times

Bell times at 19 elementary schools will change by 10 minutes. Instead of school starting at 8:35 a.m., it will begin at 8:45 a.m. Instead of school ending at 3:20 p.m., it will end at 3:30 p.m. On Wednesdays, early out will be at 2 p.m.

The district says it's a move that will increase the efficiency of its transportation efforts, improve student safety and save \$125,000 annually by taking seven buses off the route.

- The schools affected are:
- Brubaker Elementary
- Cattell Elementary
- Findley Elementary
- Garton Elementary
- Hillis Elementary
- Jackson Elementary
- Lovejoy Elementary

FEATURE |

- Madison Elementary
- Monroe Elementary
- Moulton Elementary
- Morris Elementary
- Perkins Elementary
- Pleasant Hill Elementary
- River Woods Elementary
- Samuelson Elementary
- Studebaker Elementary
- Windsor Elementary
- Woodlawn Education Center
- Wright Elementary

District expands free meal program

A total of 35 schools and three early learning centers will now offer free breakfast and lunch to all students.

The district had already been offering meals at no cost to all students in 13 schools. The program is being expanded to include the following schools:

- Brubaker Elementary
- Callanan Middle School
- Cattell Elementary
- Garton Elementary
- Hoyt Middle School
- Jackson Elementary
- Madison Elementary
- McCombs Middle School
- McKee Education Center
- Meredith Middle School
- Mitchell Early Learning Center
- Morris Elementary
- North High School
- Oak Park Elementary
- Park Avenue Elementary
- River Woods Elementary
- Samuelson Elementary
- Scavo High School
- Smouse Opportunity School
- South Union Elementary
- Stowe Elementary
- Studebaker Elementary
- Weeks Middle School
- Windsor Elementary
- Woodlawn Education Center

The program, called the Community Eligibility Provision, is funded by the U.S. Department of Agriculture.

New education center opens

The new Jesse Franklin Taylor Education Center at Casady in Des Moines is opening its doors this school year.

The facility, located at 1801 16th St., will house new preschool classrooms and also serve as the new location for the district's middle school alternative program.



Olivia and Rylan Fife are looking forward to going back to school. The siblings attend Cowles Montessori School in Windsor Heights. Rylan is going to be a third grader; Olivia is going to be a fourth grader. Photo by Dawn Sagario Pauls.

The building replaced the Casady Alternative Center.

The center expands the district's preschool offerings and will serve about 250 preschool students, Roeder says. Windsor Heights residents may apply to have their child attend.

Taylor, who died in 2012 at the age of 87, was raised in Des Moines and attended Des Moines Public Schools. A resident of the Mondamin Presidential neighborhood, Taylor was a World War II veteran who was involved with many community boards and commissions, and was also a lifelong member of the National Association for the Advancement of Colored People.

New Advanced Placement offerings

Four new Advanced Placement courses will be offered at Central Academy this year: AP art history, AP computer science, AP microeconomics and AP Spanish literature.

The additions are in response to significant increases in the district in participation in the college-level classes. Enrollment has quadrupled over the past few years, Roeder says. AP courses are also offered at all five Des Moines high schools: East, Hoover, Lincoln, North and Roosevelt.

West Des Moines Community Schools

Student enrollment this year is esti-

mated to be about 9,100. There are 27 new, full-time equivalent teaching positions this year, and a number of administrative changes. They include:

- Drea Bocook, new principal, Clive Elementary
- Eric Boyle, new principal, Stilwell Junior High
- Kerry Ketcham, new director of special education
- Tim Miller, new principal, Valley High School
- David Perrigo, new associate principal, Valley High School
- Brandon Pierce, new principal, Fairmeadows Elementary
- Carol Seid, new associate superintendent of human resources
- Zac Sinram, new assistant principal, Indian Hills Junior High

Performing Arts Center upgrades

The Valley High School Performing Arts Center is expected to be completed in mid-October. It features nearly 1,200 seats and includes state-of-the-art sound and lighting systems, an orchestra pit, an orchestra shell and full fly loft for stage productions. The cost of the Performing Arts Center is \$15 million, and is part of a three-phase renovation project at the high school with a total cost of \$65 million.

Teacher leadership system

One of the significant changes this year is the district's new teacher leadership system. West Des Moines Community Schools is one of 39 school districts chosen in the state to be the first to launch such a system.

Teachers will have greater opportunities for professional growth, leadership and collaboration with colleagues, says West Des Moines Community Schools Superintendent Lisa Remy. Students will be the ones who benefit most from having teacher leaders in the schools.

The state's Teacher Leadership and Compensation System offers teachers leadership opportunities and higher pay for taking on extra responsibilities. The goal is for all school districts to be voluntarily participating by the 2016-17 school year.

The West Des Moines school district applied for and

FEATURE |

received a Teacher Leadership and Compensation grant, securing \$2.8 million annually to be used for the district's teacher leadership system.

This school year, there are 27 teacher leader positions. Remy says these roles include:

Professional development/curriculum facilitators, who assist with professional development planning and implementation.

Instructional coaches, who help teachers to increase student achievement by using evidence-based instructional practices and strategies.

Mentor teachers, who support new teachers.

Demonstration teachers, who open their classrooms for other teachers to observe lessons, lesson planning, etc.

Learning supports and family school engagement coordinators, who help craft ways to engage families for students' academic success.

Also, the district's board of education approved a strategic plan for the district in June. It outlines four areas of focus for the next five years,



The Valley High School Performing Arts Center is expected to be completed in mid-October. It features nearly 1,200 seats and includes state-of-the-art sound and lighting systems, an orchestra pit, an orchestra shell and full fly loft for stage productions. The cost of the Performing Arts Center is \$15 million, and is part of a three-phase renovation project at the high school with a total cost of \$65 million. Photo submitted.

which Remy explains:

Culture for learning

This includes more personalization in learning for kids, which could include online classes, project-based learning and working with the community to make learning relevant. Parent engagement and expanding the opportunity for internships will also be addressed.

Professional learning

They are in the process of implementing Professional Learning Communities, or PLCs, district-wide, Remy says. As part of these PLCs, groups of teachers meet at certain times with a specific agenda, whether it's to learn something together or to analyze student data.

"It's really a more intentional way of collaborating," she says.

Teaching for learning

The focus is to ensure that students are staying on track with the Iowa Core, which are state standards for Iowa's K-12 students.

Remy says this includes more formative assessments to help them know how kids are progressing and having all students read on grade level by third grade. Today's kids also learn differently, Remy says, so they'll be looking at providing different types of learning options including online or "blended learning," which could involve a mix of online instruction and face-to-face time with a teacher.

Systemness

This involves making sure that resources are being allocated to the district's goals, and that the district's goals are in line with the community's needs.

They are also looking at ways to get feedback from the district's graduates.

"Really, the focus is to improve student achievement," Remy says. ■



WE DELIVER!

value



BUY ONE, GET ONE

\$4.99 PIZZA

Buy any medium or large pizza at regular price, get the second of equal or lesser value for \$4.99.

LIMITED TIME OFFER.

DELIVERY HOURS

\$3.00 delivery charge
SUNDAY-THURSDAY 11am-8:30pm • FRIDAY AND SATURDAY 11am-9:30pm
REGULAR HOURS Sunday-Thursdays 8:30am-9:00pm • Friday and Saturday 8:30am-10:00pm

\$4 OFF

JUMBO

\$3 OFF

LARGE

\$2 OFF

MEDIUM

\$1 OFF

SMALL

Limit one offer per coupon.
Not valid with any other discount or special or value deals.
Minimum order of \$15 for delivery.
Does not include \$3 delivery fee.
Offer good through 9/30/14. WH



8801 HICKMAN RD.

278.8100

4119 UNIVERSITY AVE.

277.6344

5919 ASHWORTH RD.

226.8880

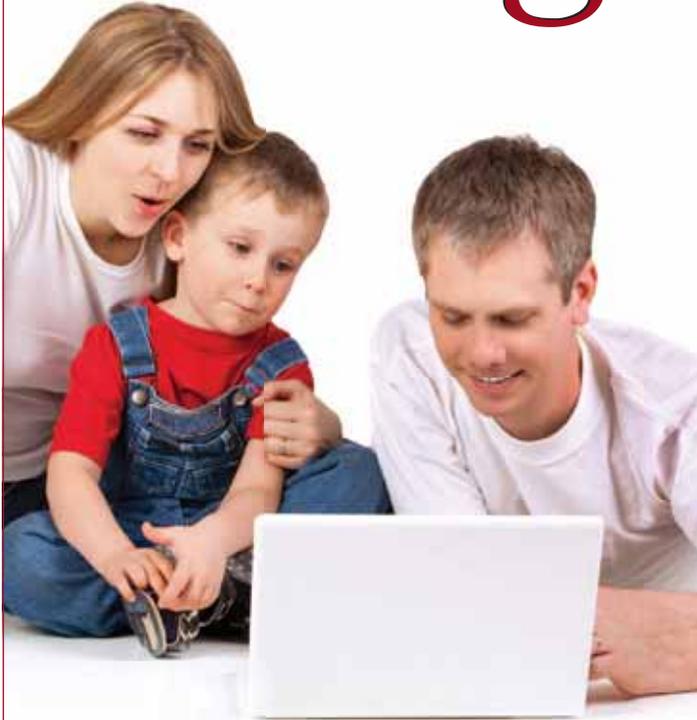
\$15 OFF

ANY PURCHASE OF \$30 OR MORE

Limit one offer per coupon.
Not valid with any other discount or special or value deals.
Minimum order of \$15 for delivery.
Does not include \$3 delivery fee.
Offer good through 9/30/14. WH



Looking for more **Living?**



We know you enjoy receiving your local Iowa Living magazine in your mailbox each month. Now you can access news and information from all of our 24 Iowa Living magazines at one convenient site —

www.iowalivingmagazines.com

- **more photos.**
- **more events.**
- **more news.**
- **more of everything** you are looking for from your community and beyond. You will also find community blogs, obituaries, photo galleries, calendars and other information you won't find in our print editions.

Check it out now!



Iowa
Living
magazines

OUT AND ABOUT |



Deb and Mike Bengtson at the Colby Park trail hub fundraiser bike ride in Windsor Heights on July 10.



Seth Gray and Sheena Danzer at the Colby Park trail hub fundraiser bike ride in Windsor Heights on July 10.



Diana Willits and Craig Calhoun at the Colby Park trail hub fundraiser bike ride in Windsor Heights on July 10.

WH

Windsor Heights
the heart of it all

AUGUST 2014
City of Windsor Heights

1133 66th Street • Windsor Heights, IA 50324
515.279.3662

www.windsorheights.org

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.

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

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.

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.

Date: 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, 279-8942 or
odenob@aol.com;
Laura DeBartolo-Tow, 975-0228 or
ttow95@msn.com.



KWHB ANNUAL FALL CLEANUP DAY

Please join the Keep Windsor Heights Beautiful Committee on Saturday, September 20, for our Annual Fall Cleanup Day. We live in a beautiful community and a couple of hours of work on a Saturday morning can let us put the best of our city on display heading into fall and winter. The more hands we have the lighter the work for each one of us, so the more the merrier.

Bring along neighbors, friends, groups or anyone who cares about our city and making a difference in the community. Our home base will be in a white tent just north of Burger King on 73rd Street and we'll be working from 8:30 to 10:30am. We'll provide gloves and a refuse bag and will give you an area to police. Please join us and spread the word to all.

The mission of the Keep Windsor Heights Beautiful Committee is to engage citizens, businesses and governments in Windsor Heights to take greater responsibility for beautifying and improving the community we all love.

WALNUT CREEK WATERSHED COALITION 5TH ANNUAL CREEK CLEAN-UP

When: Saturday, August 23, 2014 from 9:00am to 3:00pm

Where: Walnut Creek and North Walnut Creek

Check-in and parking: Colby Park at the pavilion 6900 School Street

Dress: Be prepared to get dirty! Depending on water level in the creek, you may want to bring waders if you have them. Wear old clothes and tennis shoes to climb in and out of the creek and/or walk in the woods.

Supplies: Garbage bags, gloves, water, select snacks and first aid will be available. If you have refillable water bottles, feel free to bring those and we will fill them up! A truck will be on-site as volunteers pull litter to the edge of the trail. Shovels will be available to dig out tires and other large debris, but if you have other tools and shovels, feel free to label and bring with you.

Sign Up: You can now sign up online at <http://www.signupgenius.com/go/10c054baeae23a4f94-5thannual>



MILKWEED FOR MONARCHS

Monarch butterfly species are critical pollinators that increase plant diversity and support nectar-flowering native plants. Populations are continuing to decline at alarming rates. Help protect monarch butterflies today!

- Grow milkweed plants in your flower gardens or add them to your prairie or grasslands. Milkweed can be found where native Iowa plants are sold.
- Plant nectar-flowering plants such as butterfly or swamp milkweed and blazing star in your native plant gardens, prairies, rain gardens, bioretention cells, bioswales and other stormwater green infrastructure practices. They not only provide habitat for monarchs, but also the deep plant roots create greater pore space in the soil which helps soil health.
- Decrease the use of herbicides, pesticides and fertilizers. Use only what you need.
- Encourage others to use these practices as well.

OKTOBERFEST IS OCTOBER 4, 2014

Celebrate Fall in Windsor Heights! Bring your whole family to the annual Oktoberfest in Colby Park, 6900 School Street. Enjoy the beautiful scenery while sipping on German refreshments. Enter your children in the costume contest or your whole family in the pumpkin carving contest. You can even bring your furry friends and check out the dog park! There's a little something for everyone. Join us October 4, 2014 from 2:00pm to 6:00pm. Watch the website for more information to come at windsorheights.org.

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

CALENDAR

Saturday, Aug. 23

- 5th Annual Walnut Creek Clean Up, 9 a.m. -3 p.m., Colby Park.

Monday, Aug. 25

- WDMPS Board Meeting, 7 p.m.

Tuesday, Aug. 26

- RHS V Volleyball at DCG, 4:30 p.m.
- RHS JV/V Girls Swimming at Valley, 5:30 p.m.
- VHS JV/V Girls Swimming Meet, 5:30 p.m.

Wednesday, Aug. 27

- Yoga at the Plaza, free, 11:30 a.m. - 12:15 p.m., Brenton Skating Plaza.
- Planning and Zoning Meeting, 4:30 p.m., City Hall.
- Do Business Networking, 7:30 a.m., Edward Jones, 1100 73rd St
- VHS JV/V Boys Golf at Johnston, 10 a.m.

Thursday, Aug. 28

- RHS JV/V Boys Golf vs. DM Hoover, 3:30 p.m.
- RHS 9 Volleyball at Newton, 4:30 p.m.
- RHS 10 Football at DM East, 6 p.m.
- VHS J/V Cross Country at Ankeny Centennial, 5 p.m.
- VHS 9 Football vs. Waukee, 6 p.m.

Friday, Aug. 29

- Iowa Cubs vs. Oklahoma City at home, 7:05 p.m.

- RHS 9/V Football vs. DM East, 5/7:30 p.m.
- VHS V Football at Waukee, 7 p.m.

Saturday, Aug. 30

- Iowa Cubs vs. Oklahoma City at home, 7:05 p.m.
- RHS JV Volleyball at Dowling, 8 a.m.
- RHS V Volleyball at Bondurant, 9 a.m.
- VHS JV Volleyball at Dowling, 8 a.m.
- VHS V Volleyball at Bondurant, 8:30 a.m.

Sunday, Aug. 31

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

Monday, Sept. 1

- Labor Day
- No School - DMPS
- No School - WDMPS
- Iowa Cubs vs. Oklahoma City at home, 12:05 p.m.
- VHS JV Football at Johnston, 3 p.m.

Tuesday, Sept. 2

- City Council Meeting, 6 p.m.
- DMPS Board Meeting, 6 p.m.
- VHS 8AB Football at Indianola, 4:30 p.m.
- VHS 8C Football vs. Indianola, 4:30 p.m.
- VHS JV Volleyball at DM Roosevelt, 5 p.m.
- VHS 9/V Volleyball Match, 5 p.m.
- VHS JV/V Girls Swimming vs. Johnston, 5:30 p.m.
- RHS 9/V Volleyball at Valley, 5 p.m.

- RHS JV Volleyball Match, 5 p.m.
- RHS JV/V Girls Swimming vs. DM Hoover, 5:30 p.m.

Wednesday, Sept. 3

- VHS JV/V Boys Golf vs. Dowling, 2 p.m.
- RHS V Boys Golf Invitational, 9:30 a.m.

Thursday, Sept. 4

- VHS JV/V Cross Country at Ames, 4:30 p.m.
- VHS 8 Football at Ames, 4:30 p.m.
- VHS JV/V Girls Swimming at Dowling, 5:30 p.m.
- VHS 9 Football vs. Marshalltown, 6 p.m.
- RHS V Boys Cross Country at ISU, 4:30 p.m.
- RHS JV/V Girls Cross Country at Urbandale, 5 p.m.
- RHS 10 Football vs. Ankeny Centennial, 6 p.m.
- RHS 9 Football at Ankeny Centennial, 6 p.m.

Friday, Sept. 5

- VHS 10/V Football vs. Iowa City West, 4:45/7:30 p.m.
- Stilwell/Indian Hills Dance, 5:30 p.m., VSW Gym.
- RHS V Football at Ankeny Centennial, 7 p.m.

Saturday, Sept. 6

- VHS V Volleyball Invitational, 8:30 a.m.

Monday, Sept. 8

- WDMPS Board Meeting, 7 p.m.



CALENDAR |

- VHS JV/V Boys Golf vs. Mason City, 3:30 p.m.
- VHS 8 Volleyball vs. Norwalk, 4:30 p.m.
- RHS JV/V Boys Golf Meet, 3:30 p.m.

Tuesday, Sept. 9

- VHS JV/V Boys Golf at Johnston, 2:30 p.m.
- VHS 8C Football at Johnston, 4:30 p.m.
- VHS 8AB Football vs. Johnston, 4:30 p.m.
- VHS 9/10/JV/V Volleyball vs. Ankeny Centennial, 4:45/5:45/7:30 p.m.
- VHS JV/V Girls Swimming at Waukee, 5:30 p.m.
- RHS V Boys Golf at Ottumwa, 1 p.m.
- RHS 9/JV/V Volleyball at Indianola, 4:45/5:45/7:30 p.m.
- RHS JV/V Girls Swimming at Indianola, 5:30 p.m.

Wednesday, Sept. 10

- Chamber Golf Outing, 4-person best shot, registration begins at 10:30 a.m., shotgun start at noon, Waveland Golf Course, 4900 University Ave
- VHS JV/V Boys Golf at Ankeny, 9 a.m.

Thursday, Sept. 11

- VHS 8 Cross Country at Marshalltown, 4 p.m.
- VHS JV/V Cross Country at Marshalltown, 4:30 p.m.
- VHS 8C Football at SEP, 4:30 p.m.
- VHS 8AB Football vs. SEP, 4:30 p.m.
- VHS 8 Volleyball at Urbandale, 4:30 p.m.
- VHS 9 Football vs. SEP, 6 p.m.

- 9/10/JV
- VHS Volleyball vs. SEP, 4:45/6 p.m.
- RHS JV/V Boys Golf at DM North, 3:30 p.m.
- RHS JV/V Cross Country at Marshalltown, 4:30 p.m.
- RHS JV/V Girls Swimming at Newton, 5:30 p.m.
- RHS 10 Football vs. DM Lincoln, 6 p.m.

Friday, Sept. 12

- VHS 10/V Football at SEP, 4:45/7:30 p.m.
- RHS 9/V Football at DM Lincoln, 5/7 p.m.

Saturday, Sept. 13

- VHS V Volleyball at SEP, 8 a.m.
- VHS 9 Volleyball at Ankeny Centennial, 8:30 a.m.
- VHS JV Volleyball at Marshalltown, 9 a.m.
- RHS V Volleyball at SEP, 8 a.m.
- RHS 9 Volleyball at Indianola, 8:30 a.m.
- RHS V Girls Swimming at Ames, 11 a.m.

Monday, Sept. 15

- No School - WDMPS
- City Council Meeting
- VHS V Boys Golf at Ames, 10 a.m.
- VHS JV Football vs. SEP, 6 p.m.
- RHS 9/10/JV/V Volleyball vs. Ankeny Centennial, 4:45/5:45/7:30 p.m.

Tuesday, Sept. 16

- DMPS Board Meeting, 6 p.m.
- VHS 8 Cross Country Meet, 4:15 p.m.

- VHS 8 Football vs. Waukee, 4:30 p.m.
- VHS JV/V Cross Country Invitational, 5 p.m.
- VHS JV/V Girls Swimming at Fort Dodge, 5:30 p.m.
- RHS V Boys Golf at DM Lincoln, 3:30 p.m.
- RHS JV/V Boys Cross Country, 5 p.m.
- RHS 8 Football at DM East, 5 p.m.
- RHS JV/V Girls Swimming vs. Ottumwa, 5:30 p.m.

Wednesday, Sept. 17

- VHS JV/V Boys Golf at Urbandale, 2 p.m.
- VHS 9 Boys Golf vs. Urbandale, 2 p.m.

Thursday, Sept. 18

- WHYPro Social, 5:30 p.m.
- VHS 8 Cross Country at Ames, 4:15 p.m.
- VHS 9 Football at Dowling, 4:30 p.m.
- VHS 8 Volleyball Match, 4:30 p.m.
- RHS 10 Football at DM Hoover, 6 p.m.

Friday, Sept. 19

- VHS 10/V Football vs. Dowling, Homecoming, 4:45/7:30 p.m.
- RHS V Boys Golf at Marshalltown, 10 a.m.
- RHS 9/V Football vs. DM Hoover, Homecoming, 5/7:30 p.m.





Living in the Now, Preparing for the Future

For many of us, our goals in life remain constant: financial independence and providing for family. Striking a balance between saving for goals, such as education and retirement, and allocating money for daily expenses can be challenging. But you can do it.

Learn how you can redefine your savings approach toward education and retirement. Call or visit today.



Matt Kneifl, CFP®, AAMS®
Financial Advisor

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

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

FINANCE |

Back-to-school money lessons

What you can do for your kids this fall

By Cari Wilson, Cornerstone Community Credit Union

There's a lot parents can do before sending their kids off to school this fall. A recent survey by the National Foundation for Credit Counseling found that 44 percent of respondents said they learned the most about money from their parents. Here are five important money lessons that your children probably won't learn in the classroom:

- **You can't buy everything you want.** Take photos of not-quite-necessary back-to-school items your child wants instead of buying them. Then, if they still seem necessary a couple of weeks later, they can go in the shopping cart.

- **Skipping one purchase allows you to save for another.** Instead of buying items for children, give them the cash and let them decide whether to spend or to save. When shopping for back-to-school items, older children can use their allowance or earnings to pay for certain items.

Susan Beacham, creator of the Money Savvy piggy bank, says she would give her children money for soda on vacation and let them decide whether to buy the soda or save the money for later. They almost always decided to save it.

- **Keep your information private.** Eleven- to 13-year-olds are ready to learn the basics of identity security: Never answer emails from strangers, don't click on pop-up ads and don't share Social Security numbers or other personal information online. Parents can explain these prin-



ciples just as they explain how to avoid strangers in public places.

- **It's OK to make mistakes.** Lewis Mandell, a finance professor at the University of Washington, says allowing children to experiment and make mistakes can provide more useful lessons than anything taught in school. He encouraged his daughter to invest as a teenager; she learned how to diversify after losing money in Pepsi stock.

- **Avoid debt, and forget trying to "keep up with the Joneses."** Thanks to social networking sites, it's easier than ever to compare your own material wealth to those of peers. Talking about how to avoid those kinds of comparisons, and the debt that can easily follow any attempts to keep up, can help minimize impulse purchases. Kids might be getting more money lessons in the classroom, but they still look to their parents for their primary financial education. ■

Information from Kimberly Palmer, Aug. 22, 2012, Copyright 2014© U.S. News & World Report LP, provided by Cari Wilson, Cornerstone Community Credit Union, 414 61st St., Des Moines, 274-1460.

BACK TO SCHOOL LOANS!

AS LOW AS

7.99%* APR
for 12 months

Come in and spin the wheel for an even better rate
— could be as much as 2% lower!

* Some exclusions apply. Call for details. Existing loans with Cornerstone Community Credit Union do not qualify. Rates and terms are subject to credit worthiness and may change at any time without notice. Equal credit opportunity lender.

Cornerstone Community Credit Union

414 - 61st Street ■ Des Moines
515.274.2343 www.cornerstonecreditunion.com

80+ years
Celebrating our anniversary

You're reading this magazine... and your potential customers are, too.

In fact...

98.9%

of the households surveyed said they regularly receive their Iowa Living magazine

and...

82.8%

said they regularly read or look through their Iowa Living magazine

and...

70.3%

said they purchase products or services from ads seen in their Iowa Living magazine.

Let us show you how to turn these readers into your customers.

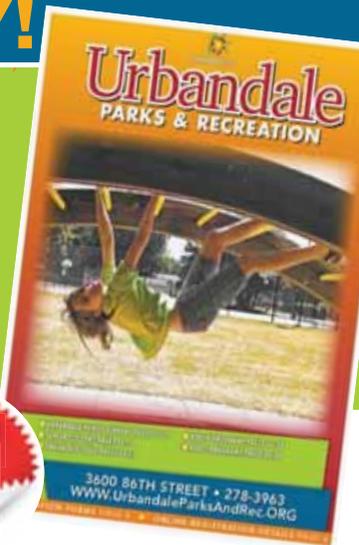
Iowa **Living**
magazines

(515) 953-4822

www.iowaLivingMagazines.com

Fall into Fun for the **WHOLE FAMILY!**

- Good Time Gang
- Kids in the Kitchen
- Magicamp
- Yoga with Beth
- Piloxing
- Insanity
- Men's Basketball Leagues
- Volleyball leagues



REGISTER TODAY!



Registration begins August 12!
Space limited.
Register today at
UrbandaleParksandRec.org
or by calling 515-278-3963!

INSURANCE |

School bus safety

Tips for drivers and students

By Matt Cale, State Farm agent

As summer comes to a close and the leaves begin to turn, children across the country are packing up their backpacks and returning to school. And with the beginning of the fall semester, you may start to see that old familiar vehicle — the school bus. Here are some tips for drivers who share the roads with school buses, as well as some easy lessons to teach your kids about bus stop safety.



Driving near buses

Follow these tips to help protect the children when you drive.

- Keep an especially close eye on students as they're getting on and off the bus. The most dangerous part of the trip, for kids, is getting on and off the bus.
- Be alert and slow down if you're near a bus.
- Do not pass a school bus that is stopped to load or unload students. All states have laws that tell you under what circumstances you can and cannot pass a stopped school bus. Most buses actually have stop signs that display when children are getting on and off the bus. In general, it does not begin to move after until the bus' red flashing lights are turned off, the stop arm is withdrawn, and the bus begins to move.

• Know and understand traffic laws and speed limits near a school bus and schools. Oftentimes, the laws change during school hours.

Teach your children

Help take the danger out of the trip to and from school by instructing children about school bus stop safety. The National

Safety Council (NSC) recommends children should:

- Wait away from the roadway and board only when the bus has come to a complete stop.
- When crossing in front of the bus, walk at least 10 steps away from the bus so the driver can see them.
- Never walk behind the bus. Drivers might lose sight of kids in their blind spots.
- Also, stress the importance of arriving at the bus stop 5 to 10 minutes early each day. Running for the bus could increase the risk of an accident or injury

On the bus

- Always follow the rules and listen to the driver.
- Find a seat and sit don't stand up until the bus has stopped.
- Keep voices and other noises low to avoid distracting the driver.
- Never put arms, head, hands or belongings out the window.
- Keep feet, backpacks and other items out of the aisles in case of an emergency. ■

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

Providing Insurance and Financial Services

Matt Cale
Agent



Like a good neighbor, State Farm is there.®
 6733 University Ave. • Windsor Heights
 280-9000 • www.mattcale.com

YOUR NEXT CAREER IS WAITING FOR YOU AT IOWA'S #1 FORD DEALER

 **charles gabus ford**

We are hiring for several positions throughout the company:

- **CERTIFIED SERVICE TECHNICIANS**
- **LUBE TECHNICIANS**
- **CASHIERS**
- **BODY TECHNICIANS**
- **NEW SALES ASSOCIATES**
- **PRE-OWNED SALES ASSOCIATES**
- **INTERNET SALES ASSOCIATES**
- **DELIVERY COORDINATOR**
- **PORTERS**

**60
YEARS
AND STILL
GROWING!**

**For a confidential
interview, contact**

DEE KADING

515.270.0707

Dee@CharlesGabus.com

or

JOHN O'DONNELL

515.270.5507

JohnO@CharlesGabus.com

or

STOP BY

4545 Merle Hay Road

Des Moines

We offer:

Up to 3 weeks paid vacation

Up to 6 PTO (Paid Time Off) days per year

401(k) Plan with 4% Dealership Match with 5% Contribution

Health Insurance Available • Dental Insurance Available

Tenure Bonus • Paid Training

Anniversary Bonus (\$300 per year)

5 Day Work Week

and much, much more!

We are locally owned, community focused!

 **charles gabus ford**

www.gabusford.com

4545 Merle Hay Road • Des Moines • 515.270.0707

Annual Clearance event



Save Big On A Great Selection



FEATURING THE CAMRY AND RAV4

NEW
2014 TOYOTA
CAMRY LE
LEASE FOR
\$163*
24 MONTHS



0% FOR 60 AND \$1,000 CUSTOMER CASH
OR \$1,500 CUSTOMER CASH

NEW
2014 TOYOTA
RAV4
LEASE FOR
\$179*
24 MONTHS



0% FOR 60 OR \$500 CUSTOMER CASH

Photos are for illustration purpose only. Low APR on select models, terms vary. ^0% for 60 months on New 2014 Camry, Camry Hybrid, Venza, Prius, Sienna, 2013 Avalon, RAV4, Highlander, All 2013 Prius models. 0% 60 monthly payments of \$16.67 for each \$1,000 borrowed. 0% for 36 monthly payments of \$27.77 for each \$1,000 borrowed on 2014 Camry, RAV4, 4Runner, Tundra & Avalon. 0%-48 monthly payments of \$29.16 for each \$1,000 borrowed. 1.9% for 72 Monthly payments of \$15.45 for each \$1,000 borrowed. **Customer Cash and Bonus Cash Comes from Toyota. All leases are \$3,500 down tax, title, license, \$119 doc fee & All state fees. ^^Camry - MSRP \$24,620, Cap cost - \$22,571, Lease Bonus Cash-\$1,000, LEV - \$15,423, \$3,500 Due at signing, Security deposit waived. Prius- MSRP \$25,235; Cap cost- \$24,495, LEV -\$16,940, Lease Bonus Cash- \$1,000. RAV4 - MSRP \$27,485, Cap cost - \$25,579, Lease Bonus Cash - \$500, LEV- \$19,536. Security deposit waived. See dealer for details. Offers subject to change. Financing with approved credit. Offers expire 8/31/14.

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



TOYOTA
OF DES MOINES

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

HOURS	PHONE
Sales M-Th 8am-8pm Fri-Sat 8am-6pm	(515) 276-4911
Service M-Th 7:30am-7pm Fri 7:30am-6pm Sat 8am-4:30pm	(515) 276-4912
Parts M-Th 7:30am-7pm Fri 7:30am-6pm Sat 8am-4:30pm	(515) 276-4913

1650 SE 37th St., Grimes • Just off the I-35/80 Hwy 141 Exit • www.toyotadm.com

DARE TO COMPARE!



2014 MIRAGE DE

No Less Than 23 Reasons to Choose the 2014 Mitsubishi Mirage OVER the 2014 Ford Fiesta HB



\$12,999

After Rebate

UP TO **44 MPG**

2014 OUTLANDER SPORT

\$19,845

After Rebate

No Less Than 29 Reasons to Choose the 2014 Mitsubishi Outlander Sport OVER the 2014 RAV 4



UP TO **31 MPG**



See all the comparisons at www.dsmmitsu.com
Click on the *Compare* tab

des moines MITSUBISHI

4410 Merle Hay Rd. • DM • 515.270.8100
www.dsmmitsu.com



Most vehicles under \$10,000 ALL LOCAL TRADE-INS

from each of the Gabus Automotive Group Dealerships

FORD • TOYOTA KIA • MITSUBISHI

4410 Merle Hay Rd. • DM • 800.873.2718
www.desmoinesmotors.com

BuyHerePayHereDM.com

WHERE GOOD CARS AND GOOD PEOPLE COME TOGETHER

We help you rebuild your credit
by reporting your payments to Credit Bureau

KIA

OF DES MOINES

JUST ARRIVED!



KIA K900

2015 K900 LUXURY V8

\$579/MO

48-MONTH LEASE
\$3,999 DUE AT LEASE SIGNING

MSRP \$60,455, LEV \$28,992.
EXCLUDES TAXES, TITLE, LICENSE
& FEES. \$0 SECURITY DEPOSIT.
SUBJECT TO CREDIT APPROVAL.

**SIGN IT
& DRIVE IT**

**\$0
DOWN
PAYMENT**

**\$0
SECURITY
DEPOSIT**

**\$0
FIRST
PAYMENT**

KIA OPTIMA LX
LEASE FOR
\$249*/MO
FOR 39 MONTHS



*\$0 DOWN PAYMENT, *\$0 SECURITY DEPOSIT, \$0 FIRST PAYMENT
MSRP \$24,995, LEV \$13,747.25. EXP 8/31/14

KIA SORENTO LX
LEASE FOR
\$279*/MO
FOR 39 MONTHS



*\$0 DOWN PAYMENT, *\$0 SECURITY DEPOSIT, \$0 FIRST PAYMENT
MSRP \$22,450, LEV \$12,572. EXP 8/31/14

MARKET VALUE PRICING

The most competitive prices
on all our new and pre-owned
vehicles, all the time!

* See Dealer for details

www.KIADM.com

515-270-0706

4475 Merle Hay Rd. • Des Moines

OPEN MON-THU 8AM-8PM • FRI-SAT 8AM-6PM

OVER 300 USED CARS TO CHOOSE FROM

TOYOTA
OF DES MOINES

**BUYING PRE-OWNED?
BUY TOYOTA!**

LOCATED NORTH OF
I-80/35 AND HWY. 141

515.276.4911
WWW.TOYOTADM.COM



DURING OUR

**Annual
Clearance
event**



Save Big On A Great Selection

Prices
starting at
\$8,988

**2.9%
APR**

#1 TOYOTA CERTIFIED DEALER

CHOOSE FROM OVER 300 USED CARS AND TRUCKS!

**2012-2013 FORD FOCUS
S, SE, SEL & TITANIUM**

CHOOSE
FROM
17

ALL CERTIFIED



#141648-2

AS LOW AS
\$13,998

**2011-2013 FORD FUSION
S, SE, SEL**

CHOOSE
FROM
22

ALL CERTIFIED



#141877-1

AS LOW AS
\$15,491

**2012-2014 FORD ESCAPE
SE, SEL & TITANIUM**

CHOOSE
FROM
19

ALL CERTIFIED



#142830-1

AS LOW AS
\$17,992



**IOWA'S #1
FORD DEALER**

**CHOOSE FROM NEARLY
100 CERTIFIED FORDS**

- All with 12 month/12,000 mile LTD Comprehensive warranty
- All with 7 year/100,000 mile power train warranty
- Road side assistance for 7 year/100,000 miles
- Rates as low as 1.9%

charles gabus ford

PRE-OWNED STORE NOW LOCATED
JUST SOUTH OF THE FORD STORE!

4545 Merle Hay Rd. • Des Moines

515-270-0707 • WWW.GABUSFORD.COM

KIA

OF
DES MOINES

4475 MERLE HAY RD.
DES MOINES • 515-270-0706
WWW.KIADM.COM



**PUSH, PULL OR TOW
\$2,000 TRADE-IN**

ON ALL CERTIFIED KIAs

EDUCATION |

Meet Mackenzie Keenan

Teacher passionate about motivating students

By Rainey Cook

Mackenzie Keenan has been teaching school for five years, and this summer was her third year of teaching Hillside Elementary's Stretching Minds summer program. Although vastly different from a normal school year, she enjoys both.

Keenan spent several weeks during the summer with first graders helping them with math and reading struggles they had in kindergarten. The focus of the Stretching Minds program is solely math and reading, as opposed to the regular school curriculum which includes science, social studies and writing.

What Keenan enjoys most about her first graders over the summer is the fact they are eager to learn and excited about school, even in the summer.

"What I appreciate during the regular school year is just how much they grow as readers throughout their entire first grade year," Keenan says.

The Stretching Minds program will allow many of these students to be at grade level when school starts in the fall.

Time well spent this summer with numbers included counting, grouping objects, skip counting, identifying coins and value. They learned about shapes and blocks. They even had an introduction to telling time.

The guided reading groups focused on site words with flash cards and playing bingo on the smart board. Listening to books



Mackenzie Keenan enjoys teaching math and reading during the summer at Hillside Elementary. Photos by Rainey Cook.

online was a huge favorite.

Of course, summer school would not be complete without field trips around the city. The fun part of this program included trips to the Blank Park Zoo, Skate South, Monkey Joe's, Incredible Pizza, seeing a moving and bowling.

At the end of their half day, the Stretching Minds summer program is fun and successful. The individual focus on these first through fifth graders makes for a huge impact on them and sets them in the right direction for success in their new grade this fall.

When not teaching during her regular school year or during the summer, you can find Keenan enjoying boating activities, playing sand volleyball, spending time with friends and family, working out and of course, reading. And still, she finds time to tutor math and reading.

Keenan is originally from Pearl City, Illinois. ■

What did you like best about your teacher?



Vanesa Bustos:
"She's nice."



John Anderson:
"She reads to us."



Corde Valdez:
"She's nice. She reads to us. I like bookflix."

OUT AND ABOUT |



John and Abram Rousseau at the Colby Park trail hub fundraiser bike ride in Windsor Heights on July 10.



Leng and Matt Reiff at the Colby Park trail hub fundraiser bike ride in Windsor Heights on July 10.



Sheena Danzer, Lance Harris, Leng Vong-Reiff, Matt Reiff and Jeff Fiegenschuh at the Colby Park trail hub fundraiser bike ride in Windsor Heights on July 10.

Iowa


UPCOMING HOME GAMES

AUGUST
 12-15 Las Vegas 51s
 16-19 Salt Lake Bees
 29-31 Oklahoma City RedHawks

SEPTEMBER
 1 Oklahoma City RedHawks

SOMETHING FOR EVERYONE!

FIREWORKS EVERY FRIDAY NIGHT!
 Complete schedule online iowacubs.com

CALL 515.243.6111 OR IOWACUBS.COM TO ORDER TICKETS!

Have an EVENT coming up?



Submit your calendar items online at www.iowalivingmagazines.com

Advertise your church services & activities in the next issue of

Windsor Heights
Living
 magazine

Call 953-4822 for a rep today!

FAITH |



Construction at Windsor Heights Lutheran Church is entering its final stage.

Expanding the house of Christ

Windsor Heights Lutheran adds new facilities

By Suit Yee Yee

The construction project that Windsor Heights Lutheran Church launched at the end of 2013 has finally entered its final stage and is expected to be completed by Aug. 24. This project includes the construction of a new fellowship hall at the west of the original church building in addition to renovation works within the existing church building.

For years, the congregation had considered adding an additional parish building due to insufficient space for activities and gatherings. Besides, the church's facilities had not been updated since the 1970s. The plan was finally put into action last year with the effort and support given by the church's members and the community.

Besides improving the existing facilities, lead pastor Chris Olkiewicz says the church is hoping to create a more welcoming environment to the larger community. The new fellowship hall will be able to accommodate larger parties for group and organization gatherings, as well as meetings, in addition to activities hosted by the church.

"It is a desire to reach out more to the community. It was a

major motivating factor behind the project," Olkiewicz explains.

To celebrate the completion of the project, the congregation will have a service of dedication on Aug. 24 following the regular Sunday worship service. It is primarily a religious ceremony dedicated to members of the church, but everyone is welcomed to participate.

Bishop Michael Burk, bishop of the Southeastern Iowa Synod, will join the worship that morning. The event will continue with a brief service of dedication of the new facilities, as well as a popular annual summer event — a hog roast. Tours of new facilities will be available through the afternoon.

The church will have a ribbon cutting ceremony Sept. 28 at 3 p.m. While the dedication is primarily for church members, the ribbon cutting ceremony is an official community celebration meant for everyone. There will be games and treats for children from 3-5 p.m., as well as a free ice cream social for anyone who is interested to have a tour of the facilities. The mayor of Windsor Heights will also make an appearance in the ceremony. ■



Eclectic musician Carroll Bennink at home with his baby grand. Photos by Rainey Cook.

Comfortable Colby

Bennink has many reasons to enjoy his brick home

By Rainey Cook

A particular style of Colby brick ranches in Windsor Heights is intelligently designed. With all four bedrooms and bathrooms on one side of the home, kitchen and living room areas on the opposite and a full finished basement, this home boasts a full 2,200 square feet. With a two-car attached garage, original hardwood floors, plenty of mature trees and a pool in the backyard, the home is easily anyone's envy.

Homeowner Carroll Bennink has been living in this late 1950s beauty since 1997. It's amazing how time flies, Bennink admits, as it doesn't seem as though it's been that long.

"I find this home very comfortable," Bennink says. "It's laid out very well."

He's added the amazing pool in the back as his respite. It's the only place where he can truly relax and not think of the list of things that need to be done. The mature trees, lush greens of perennials and bulbs that maintain

themselves make it private. Several seating areas are perfect for many guests. Sunken two feet into the ground, the pool's deck surrounds its perimeter.

The extended kitchen, half bath and family room are also new to the home. With tile floors, Bennink's well-thought-out plan of grandchildren's wet feet from the pool was smart. Accustomed to wood-burning fireplaces in past older homes, Bennink missed the ambiance of the fire, but not the mess. The new gas fireplace sits in the family room adjacent the kitchen.

For fun, Bennink belongs to a wine group that hosts fancy potlucks in everyone's homes. Such potluck themes have included the tastes of Caribbean, French and Southern dishes. Bennink hosted an Hawaiian potluck with a pineapple theme, and, like everyone's home, plenty of wine.

When not working, doing laps in his pool

or enjoying a glass with friends, you can find Bennink at his 6.5-foot baby grand piano. An eclectic musician, Bennink's tastes vary from Bach, anything from the 1940s, pop rock and even progressive country. When he sits at his piano, it's a perfect fit.

Otherwise, this Colby brick is so well built its incredibly quiet on the inside. With new triple-pane glass windows and insulation in the ceilings, it's easy to see why Bennink enjoys the peace of his home.

"This neighborhood is safe, friendly and quiet, too," he says. "It's very peaceful here, and everything is so beautifully manicured." ■

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.

No fussing with this sweet treat



Fruit medley dumplings

Simple recipe makes a warm, filling breakfast

By Kris Ellis Tracy

This recipe was originally published sometime in the 1980s by *Gourmet Magazine*. I have made various versions of it. Sometimes I make it with home canned fruit, sometimes with canned fruit from the store. It is good just about anyway I have tried it.

I like using plums and raspberries or fruit cocktail or apricots, peaches and papaya as pictured. If you use red or blue fruit, the dumplings take on some of the color and are not very pretty.

My husband says he would arm wrestle for a bowl of this. It goes over very well on camping trips, because you don't have much fuss and it is a warm, filling breakfast. ■

Ingredients

4 cups of canned fruit, any combination, with the juice
¾ cup sugar (you can leave this out if you are watching your sugar)

Put all of the fruit and juice into a 2-quart saucepan and bring it to a boil.

Directions:

1. Combine the dry ingredients for the dumplings, and then cut in the shortening. When the bits of shortening resemble small peas, make a well in the center and pour the milk into the well. Stir together to make a stiff dough. Knead for a few minutes to bring all the dough into a ball. Roll out to ¼ inch thickness and cut it with a small cookie cutter or a biscuit cutter. (When we camp, I just pinch off a small amount of dough, and roll it into a ball.)

2. Drop the dumplings on top of the boiling fruit mixture so

Dumplings:

1 cup flour
1½ teaspoons baking powder
1 teaspoon sugar
¼ teaspoon cream of tartar
Pinch of salt

⅛ teaspoon baking soda
¼ cup shortening
¼ cup milk

that they cover the top of the pan, but don't overlap them too much. Cover and cook for 10-15 minutes. If you don't open the lid before the time is up, you should have nice, light dumplings. When they are done, sprinkle the dumplings with 1 tablespoon of sugar and ¼ teaspoon of cinnamon.

For a little added touch, I sometimes toast some slivered almonds and sprinkle those over the top just before serving. Whipped cream with a little vanilla or liqueur is a nice addition if you are making this as a dessert.

Pinit!



Lifelong learning

The desire has to come from within

By Susan Ray, executive director, The Reserve

There are a number of things about the month of August that I am confident about. August is the last official month for summer. The weather in Iowa will have hot temperatures and high humidity. Most families will be scrambling to complete the things on their summer list. Lastly, school will resume toward the end of August.



As school gets underway, consider making a commitment to lifelong learning. Lifelong learning is a way aging adults keep ourselves challenged, investigate new possibilities and stay engaged with the dynamic world we live in. There are several benefits to maintaining focus on learning for a lifetime. It allows us to keep our minds active and improves memory. Learning facilitates social interaction and increases confidence. Lifelong learning instills a feeling of accomplishment.

There are a multitude of opportunities to learn throughout our communities, churches, senior centers and area colleges. Find something that you are interested in and get enrolled for a class. Many of these are free of charge or at a discount for older adults. We do live in a busy world, and it can be hard to find the time to learn anything that isn't essential. Even those who do appreciate the practice of lifelong learning can find it difficult to make the effort. Here are some tips for installing the habit of lifelong learning.

• **Always have a book.** Set a goal to always have a book that you are reading. It doesn't matter if it takes you a week or a year to finish it.

• **Keep a "to learn" list.** It's very common to have a "to do" list. Try keeping a "to learn" list. Write down ideas for new things you'd like to learn. Maybe it's to learn a new language or skill. If it's written down, you are more apt to do it.

• **Teach others.** Share your new found knowledge with others. The repetition of sharing will help to solidify learning.

• **Start a project.** Do something you're not familiar with. Learning something new will be both a challenge and fun.

There aren't many external forces that will persuade you to learn. The desire has to come from within. Once you decide you want to make lifelong learning a habit, it is up to you to make it a priority in your life. ■

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

Is retirement living in your future?
The perfect time to explore options is now!



FREEDOM. COMMUNITY. HOME.

LOCATION

Nestled beside nature trails yet close to shopping

VALUE

Maintenance-free
Active lifestyle

CHOICE

Abundant amenities
Social activities/events

SCHEDULE YOUR TOUR TODAY!

Call 727.5927

2727 82nd Place
Urbandale, IA



www.reserveonwalnutcreek.com

EXPERIENCED ATTORNEYS

SINCE 1987



Top Row:

Joe Wallace, Chris Low, Mark Abendroth, Ross Barnett

Bottom Row:

Laurie Heron, David Russell, Madina L. Nguyen

We proudly welcome

Laurie Heron & Madina L. Nguyen

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



**ABENDROTH
AND RUSSELL
LAW FIRM**

2560 - 73rd Street ▶ Urbandale

515.278.0623

www.ARPCLaw.com



LEGAL BRIEFS |

The importance of having a will

Have your assets distributed as you wish

By Ross Barnett, attorney, Abendroth and Russell Law Firm

Occasionally, clients believe that they do not need a last will and testament. Reasons for this vary, including the assumption that the person's family knows how assets are to be distributed or the belief that verbal instructions or written lists are sufficient. Without a formal will, however, assets must pass according to a statute.

If you die without a will, the probate court will appoint an administrator for your estate. The court's choice may not be the individual you would have selected. The court-appointed administrator will distribute your property according to the state intestacy laws. These laws may differ from your desires.

In Iowa, if you die without a will (intestate), and if you have no children or children only from your current marriage, your entire estate will pass to your surviving spouse. However, if you have children from another marriage, your surviving spouse will receive either one-half of your estate or the first \$50,000, whichever is greater. All of your children will share equally in the remaining portion of your estate. Iowa law also gives your surviving spouse the right to select which property will comprise this share, and the share will almost always include the principal residence (homestead).

If you have no surviving spouse, your estate will be divided equally among all of your surviving children. While this includes children adopted by you, it does not include stepchildren. If you have no surviving spouse and no



children, the rules of inheritance follow a strict pattern to your parents, then to your siblings (the children of your parents), then to your grandparents and the children of your grandparents. In the absence of surviving family members, your entire estate could revert to the state of Iowa.

As you can see, these rules assume that you want all of your immediate relatives to share equally in your estate. You may not want your siblings or cousins to share in your estate. These rules also do not account for gifts you may want to make to friends or charities. In a legally-executed and properly drafted written document — your last will and testament — you can nominate the representative of your estate and set out a plan for the division of your assets. The major benefit of a will is that it allows you to direct the distribution of your estate according to your wishes, rather than according to the rules of inheritance. ■

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

Parkdale



Two sleek columns lend a classic European look to the Parkdale, a contemporary ranch-style home with nearly 3,000 square feet of living space. The 14-foot columns support a lofty porch roof.

Just inside the door, two narrow columns echo their exterior counterparts while bounding the wide passageway that links the foyer and great room. Both of these areas, plus the dining room, have 10-foot ceilings.

Multipaned windows fill most of the great room's rear wall. A trouble-free gas fireplace is set between two tall banks of windows with transoms above. French doors

that lead out onto a covered patio are also capped by a wide transom. A large home entertainment center spans most of one wall. On the opposite side, two decorative columns mark the wide opening to the dining room. This, too, is a naturally bright space. Glass fills most of one wall, one side is open to the great room, and a third side is open to the kitchen. Columns accent that opening as well.

A raised eating counter rims the kitchen's open side. Counters run along two walls, creating ample work and counter space. The central work island adds more of

both. Appliances and a desk are built in, and a walk-in pantry is nearby.

Laundry appliances, a freezer, and a mini-bathroom are right around the corner, in a pass-through utility/mud room that links with the garage. Storage closets line the hall to the spacious owners' suite, which fills out the rest of the left wing. In addition to direct patio access, the suite boasts two large walk-in closets, a walk-in shower, dual vanity and private toilet. Two bedrooms, a den and a bathroom comprise the Parkdale's right wing.

Visit AssociatedDesigns.com for more information or to search home plans. ■



Reducing risk of hospital return

By Clint Rogers, Comfort Keepers

Since 1991, there has been a substantial increase in the number of senior adults receiving total knee replacements. In the United States alone, approximately 600,000 are performed annually. The increase in this elective surgery can be attributed to its success rates and the overall increase in quality of life senior patients can enjoy after the procedure. Total knee replacement can reduce or alleviate pain and increase mobility, allowing seniors to participate in activities from which they may have been precluded due to knee problems.

However, while the rates of this surgery have increased, the length of time the senior remains in the hospital after total knee replacement has decreased by half. Unfortunately, because complica-

tions can arise during recovery, there is substantial risk that older adults who have undergone total knee replacement will end up back in the hospital. The good news is that there are actions these individuals can take to reduce this risk.

Older individuals who have undergone total knee replacement can potentially experience complications deriving from medical conditions or other factors such as deep vein thrombosis (DVT) and infection. The best defense against these complications is for the senior to be well informed about the procedure, recovery and self care during recovery. Seniors should ask their doctors to explain any part of the procedure or recovery of which they are unsure. They should ensure that their doctors are also fully aware of any medical conditions that could

cause potential complications.

Older adults who elect to have total knee replacement should also be vigilant about following their physician's recommendations for rehabilitation and recovery. While it may seem contrary to recovery, movement is a strong deterrent to DVT. Seniors can help their own recovery by performing activities and exercises exactly as prescribed.

To reduce the risk of other complications, such as infections, older adults who have undergone total knee replacement should follow the recommended schedule of follow-up visits with their primary care physicians. Their physicians can monitor their recovery and identify any signs of complications that may need to be addressed.

During the recovery period, the senior individual may need help

with daily activities. When family and friends are not available, the senior may benefit from in-home care. In-home caregivers can help the senior with bathing and grooming, can remind the senior to take his or her medications and can take the senior to follow-up doctor's and rehabilitation appointments to help the senior recover successfully. ■

References: American Academy of Orthopedic Surgeons. (Jan. 2009). Deep vein thrombosis. Cram, P. (Feb. 19, 2013). Total knee arthroplasty among Medicare beneficiaries. Jordan, C.J., Goldstein, R.Y., Michels, R.F., Hutzler, L., Slover, J.D. and Bosco.

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

IN-HOME CARE SERVICES



In-Home Care That Is Beyond Compare

At Comfort Keepers®, we provide in-home care that helps seniors and others live safe and happy, independent lives in the comfort of their own homes.

(515) 243-0011

1300 Metro East Dr. Ste 128
Pleasant Hill, IA 50327

Most offices independently owned and operated. • ©2013 CK Franchising, Inc.

COMFORTKEEPERS.COM

- Companion Care
- Light Housekeeping
- Personal Care



a sodexo brand

Winding up

Chamber schedules end-of-summer events

By Michael Libbie, Windsor Heights Chamber board member

Our mission: "To promote and support members, local businesses and organizations through advocacy, publicity and education, while working to promote the growth of our members, economic development and the quality of life in Windsor Heights."

Can it be?

Summer is ending, and we thought it just got here. School buses are now running through our community. Be safe!

Embracing our brand

Every so often we receive emails and/or letters from people who are "outraged" at the 25 mph speed limit in our community and, because they have received a traffic ticket, tell us they will never visit Windsor Heights again. We will miss you, and there is a reason Windsor Heights has embraced the speed limit. This month we'll be rolling out our public relations effort that explains in great detail the benefits of slowing down in our community. Police Chief Dennis McDaniel has been gathering some impressive data that we believe supports safety.

Fore!

That's what folks shout when they go golfing. Here is your chance to support the sport and the Chamber at our upcoming golf outing scheduled for Sept. 10 at Waveland. You can sign up at the Chamber website, www.windsorheightschamber.com. Go on, you know you want to shout with us.

The value of membership

Not long ago I was visiting with a person about Chamber membership and mentioned that the fee is only expensive when the business doesn't take advantage of being involved. Getting involved with



the Windsor Heights Chamber isn't difficult and it's good for business. And, now the Chamber allows membership to businesses that may not be located in the city but, still value our connection. More information is available on our website.

Speaking of new members

In June of 2013, we had 39 members. Today we have more than 64. Some of the newest to join our ranks include Group Dynamics, Jillian Lare Interiors, Balance Chiropractic and Wellness, Sherwood Forest Chiropractic, Des Moines Area Rapid Transit (DART) and the Iowa Wild hockey team. Welcome!

We all scream for ice cream

The Windsor Heights Community Foundation is holding an ice cream social night on Sunday, Aug. 24 at 6:30 p.m. This is so cool! (Pun intended.) They have been gathering volunteers to host the event on their front lawns. If you are interested in being a host, (they are providing everything except the lawn) contact Sandy O'Brian at 279-8942 or Laura DeBartolo-Tow at 975-0228. We're in! ■

JOIN US!
CHAMBER GOLF
 PRESENTED BY COLBY INTERESTS
 WEDNESDAY SEPTEMBER 10, 2014 – HIGH NOON
 WAVELAND GOLF COURSE, DES MOINES, IOWA
4 PERSON BEST SHOT
 PORK CHOP DINNER
 PROVIDED
 BY HY-VEE
5 P.M.
 REGISTRATION:
WINDSORHEIGHTSCHAMBER.COM/GOLF
 OR CALL: 515-279-3662



WINDSOR HEIGHTS
 CHAMBER OF COMMERCE
WWW.WINDSORHEIGHTSCHAMBER.COM

Advertising Results

begin with the

Iowa
Living
 magazines

- 100% Saturation
- 83% Readership

Let Debra help your business develop an effective advertising campaign today!

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



OUT AND ABOUT |

Speed Networking Luncheon

The Windsor Heights and Clive Chamber Networking Luncheon was held at the Windsor Heights Community and Event Center on July 21.



Ryan Parker and Matt Davenport.



Traci Shoemaker and Jillian Lare.



Dave Welch and Brock Brown.



Angela Essink and Kevin Lease.



Kristin Detrick and Kris Gregerson.



Amanda James and Deb Madison-Levi.



Susan Dunn and Nancy Leo.



Melissa Gray and Ryan Swalwell.



Betty Ridout and Josh Klipping.



Deb Bengtson and Kristy Schmidt.



Jonathan Koester and Tyler Kamerman.

OUT AND ABOUT |

National Night Out

Windsor Heights joined communities across America for its award-winning "Night Out Against Crime and Violence" on Aug. 5. The evening included free family activities, food and police and fire equipment on display.



Oliver Cain and Drew Schneider.



Officer Amanda Woods and Officer Jeremy Siepker.



Ann, Amanda and Katie Hirth.



Papa Cholly, Bob Culbertson, Wibit and Ken Soady.



Chief Dennis McDaniel and Matt Kneifl.



Spin art fun.



Erin, Nash, Ryan and Grady Gamerdinger.



Jeff Fiegenschuh.

We want your photos!

Celebrating a big birthday, anniversary or other milestone? Send us your milestone announcements with a picture and we'll publish them for FREE!

Iowa
Living
magazines

Send your announcements to darren@dmcityview.com



CLASSIFIEDS

Announcements

GUNS/HUNTING GEAR: GUN SHOW August 22-24. LaCrosse Fairgrounds, West Salem, WI Fri. 3pm-9pm, Sat. 9am-5pm, Sun. 9am-3pm. Large Selection of guns & ammo for sale. Info: 1-563-608-4401

MACHINERY CONSIGNMENT SALE, Mon., Sept. 8, 2014 at 9:00 A.M. Consign early by Aug. 25, 2014 for complete advertising. No Small Items, Tires or Pallet Items Accepted After Friday, Aug. 29. Gilbert's Sale Yard, LLC, 641-398-2218. 2 Mi. N. of Floyd, IA On Hwy. 218. Tractor House Internet Bidding Available. www.gilbertsaleyard.com

AUCTION - AUGUST 25, 2014 at Carhart Blue Top Seed, Inc., N14743 Cty Rd M, Galesville, WI 54630. Selling Production Equipment incl. Detasseling Equipment. Questions, Call 1-608-792-2577. Preview Day: August 23, 12:00-3:00. Listing and Pictures @ www.NorthernInvestment.com

SUPPORT OUR SERVICE MEMBERS, Veterans and their Families in Their Time of Need. For more information visit the Fisher House website at www.fisherhouse.org

Education

HIGH SCHOOL DIPLOMA FROM HOME. 6-8 weeks. ACCREDITED. No State test! Get a Future! FREE Brochure. 1-800-264-8330. Benjamin Franklin HS www.diplomafromhome.com

For Sale

TRAILER SALE! Dump trailers 10' tandem axle \$3,999.00 and up; 12', 14', & 16' 14,000# dump with tarp: \$6,099.00 and up. 6'x12'x72" v-nose ramp door, swivel jack, 24" ATP \$2,750.00; 101"x18" 10k cargo job trailer; 14,000# skid-loader trailers. 515-972-4554 www.FortDodgeTrailerWorld.com

Real Estate

MODULAR HOME SALE - Save \$10,000 on three very nice modular display homes. 1,620 to 2,106 square feet delivered and set anywhere in Iowa. CENTURY HOMES OF OSKALOOSA 641-672-2344

Business Opportunities

NEED ADDITIONAL INCOME? Learn to operate a Mini-Office Outlet. FREE Online Training! Flexible hours. Great Income potential. www.project4wellness.com 1-587-289-3835

Adoption

ADOPTION: DOCTOR DAD, at-home Mom, music, travel, & lots of LOVE await a baby. Private and confidential. Lori/Mike 1-800-676-1002

A CHILDLESS HAPPILY MARRIED COUPLE seeks to adopt. Will be hands-on parents. Financial Security. Expenses PAID. Let's help each other. Call/Text. Adam & Andres. 1-800-790-5260

PREGNANT? CONSIDERING ADOPTION? Call Us First! Living expenses, Housing, Medical and continued support afterwards. Choose Adoptive Family of Your Choice. Call 24/7. ADOPT CONNECT 1-866-951-1860

A UNIQUE ADOPTIONS, LET US HELP! Personalized Adoption Plans. Financial Assistance, Housing, Relocation and More. Giving the Gift of Life? You Deserve the Best. 1-888-637-8200. 24HR Hotline.

Automobiles

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-871-9134

CASH FOR CARS: Any Make, Model or Year. We Pay MORE! Running or Not Sell your Car or Truck TODAY Free Towing! Instant Offer: 1-888-420-3805

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-888-417-1382

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-800-283-0205

Employment/Help Wanted

CLASS A CDL DRIVER. Good home time. Stay in the Midwest. Great pay and benefits. Matching 401K. Bonuses and tax free money. Experience needed. Call Scott 507-437-9905. Apply on-line www.mcfgtl.com

GREAT MONEY FROM HOME with our Free Mailer Program. Live Operators on Duty NOW! 1-800-707-1810 EXT 801 or Visit WWW.PACIFICBROCHURES.COM

PAID IN ADVANCE! MAKE \$1000 A WEEK mailing brochures from home! Genuine Opportunity! No experience required. Start Immediately! www.localmailers.net

Financial

INJURED? IN A LAWSUIT? Need Cash Now? We Can Help! No Monthly Payments to Make. No Credit Check. Fast Service and Low Rates. Call Now 888-271-0463 www.lawcapital.com

REDUCE YOUR PAST TAX BILL by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call the Tax DR Now to see if you Qualify - 1-800-721-2793

ARE YOU IN BIG TROUBLE With the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 1-855-820-6752

GET CASH NOW for your Annuity or Structured Settlement. Top Dollars Paid. Fast, No Hassle Service! Call: 1-877-740-0888 (Mon-Fri - 9am-6pm CT)

Health & Medical

TAKE VIAGRA/CIALIS? SAVE \$500.00! 40 100mg/20mg Pills, only \$99! Call now and Get 4 BONUS Pills! Satisfaction or Money Refunded! Call 1-888-796-8871

CANADA DRUG CENTER is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-263-4059 for \$10.00 off your first prescription and free shipping.

ATTENTION: VIAGRA AND CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 FREE Shipping! 100 Percent Guaranteed. CALL NOW: 1-800-795-9687

VIAGRA - PFIZER BRAND! - Lowest Price from USA Pharmacies. No doctor visit needed! Discreet Home Delivery. Call 1-877-916-0542

YOU MAY QUALIFY for Disability if you have a health condition that prevents you from working for a year or more. Call now! 855-548-8161. (M-Th 9-7 & Fri 9-5 Eastern)

SAFE STEP WALK-IN TUB: Alert for Seniors. Bathroom falls can be fatal. Approved by Arthritis Foundation. Therapeutic Jets. Less than 4 Inch Step-In. Wide Door. Anti-Slip Floors. American Made. Installation Included. Call 800-985-0685 for \$750 Off

Legal

IF YOU OR A LOVED ONE suffered a stroke, heart attack or died after using testosterone supplements, you may be entitled to monetary damages. Call 866-368-0546

Miscellaneous

\$25,000 REWARD for older FENDER, GIBSON, GRETSCH, MARTIN, MOSRITE, NATIONAL guitars. Paying from \$500 to \$25,000 or more. Please call Crawford White in Nashville, TN at 1-800-477-1233 or

email NashvilleGuitars@aol.com

DISH TV RESELLER - SAVE! Starting \$19.99/month (for 12 months). FREE Premium Movie Channels. FREE Equipment, Installation & Activation. CALL, COMPARE LOCAL DEALS! 1-800-390-3140

DIRECTTV - 2 YEAR SAVINGS EVENT! Over 140 channels only \$29.99 a month. Only DirecTV gives you 2 YEARS of savings and a FREE Genie upgrade! Call 1-800-991-2418

DIRECTTV STARTING AT \$24.95/MO. Free 3-Months of HBO, Starz, Showtime & Cinemax. Free Receiver Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some Exclusions Apply. Call for Details 1-800-269-4217

EEOICPA CLAIM DENIED? Diagnosed with cancer or another illness working for DOE in U.S. Nuclear Weapons Program? You may be entitled to \$150,000 - \$400,000. Call Attorney Hugh Stephens 866-643-1894. 2495 Main S., Suite 442, Buffalo, NY

ALL THINGS BASEMENTY! Basement Systems Inc. Call us for all of your basement needs! Waterproofing, Finishing, Structural Repairs, Humidity and Mold Control. FREE ESTIMATES! Call 1-800-640-8195

MY COMPUTER WORKS: Computer problems? Viruses, spyware, email, printer issues, bad internet connections - FIX IT NOW! Professional, U.S.-based technicians. \$25 off service. Call for immediate help. 1-800-359-7020

DISH NETWORK - \$19 Special, includes FREE Premium Movie Channels (HBO, Showtime, Cinemax, and Starz) and Blockbuster at home for 3 months. Free installation and equipment. Call NOW! 1-866-820-4030

\$14.99 SATELLITE TV. Includes free installation. High speed internet for less than \$.50 a day. Low cost guarantee. Ask about our FREE IPAD with Dish Network. Call today 1-855-331-6646 (Not available in NE)

REDUCE YOUR CABLE BILL!* Get a whole-home Satellite system installed at NO COST and programming starting at \$19.99/mo. FREE HD/DVR Upgrade to new callers, SO CALL NOW 1-800-830-7187

Personals

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now: 800-357-4970

Central*

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

**Extended hours available by appointment*

East

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

Johnston

Mercy Johnston Pediatric Clinic
5615 N.W. 86th St.
Johnston
(515) 643-6090

North

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

West

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

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.

Does my child need a physical before starting school?

Whether your child is preparing to start kindergarten or will be graduating from high school this year, it is important to schedule a back-to-school physical exam with your child's pediatrician.

An annual physical is a great opportunity to evaluate your child's overall health. A pediatrician will examine your child to make sure he or she is on track for healthy growth and development, both physically and emotionally.

A typical exam includes tracking your child's height and weight, checking the heart and lungs, and a head-to-toe physical exam to check for any signs of childhood diseases. Parents are encouraged to ask questions and discuss any concerns with the primary care provider during the physical exam.

If your child is an athlete he or she will likely need to complete a sports physical exam prior to beginning practices. Your child's pediatrician can complete a sports physical exam during the annual physical and will complete any necessary paper work that may need to be provided to the school.

For more information, or to find a Mercy pediatrician in your neighborhood, visit www.mercydesmoines.org.



The first-ever Lincoln MKC.

AVAILABLE NOW.



Designed to comfortably seat five and carry their belongings. Styled with the essence of an athlete and a body formed by the hands of skilled artisans. Engineered to negotiate both groomed roads and unkempt terrain without losing composure. Offered with a choice of available efficient turbocharged powertrains* and an array of intuitive driver-assist technologies. With beauty and power like you've never seen before from Lincoln, expect to be completely surprised.

This is the entirely new 2015 MKC. Our very first small luxury crossover.

2015 MKC FWD

Iowa's #1 Lincoln Dealer* - Since 1980

**Experience
Lincoln Date Night**

CUSTOMERS WILL RECEIVE A
NO OBLIGATION
24-48 HOUR TEST DRIVE

PLUS!

**\$100
RESTAURANT
GIFT CARD**

Contact Erik Trabert, email: etrabert@stiversfordia.com

Get to know the 2015 LINCOLN MKC at LINCOLN.COM.



THE LINCOLN
MOTOR COMPANY



1450 E HICKMAN
WAUKEE IA 50253
515.987.3697
www.stiverslincolniowa.com

*Sales ranking based on 2013 car and truck sales report of the Kansas City Region of Lincoln Motor Company.