

Windsor Heights Living magazine

september 2014

50324

ECONOMIC development

WINDSOR HEIGHTS CONTINUES
ITS GROWTH TREND

GOODY CASSEROLE
RECIPE

IN HER ELEMENT
WHERE WE LIVE

MEET NOREEN NSEREKO
EDUCATION

PRRST 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

Peace of mind is a mind at ease.

At Holiday, we've built a lifestyle with you in mind so you can spend time doing the things you love knowing things are in good hands.



So rest assured that Holiday Retirement communities have special touches with you in mind.

- Easy-to-maneuver floor plans
- Wide hallways
- Hand rails
- Emergency pull cords
- Live-in managers
- No long term commitments

**Join us for lunch.
Call 866-440-8436 today to
schedule your personal visit.**



Illahee Hills

Independent Retirement Living
8308 Coby Parkway, Urbandale, IA 50322
866-440-8436 | illaheehills.com

*ALL EVENTS SUBJECT TO CHANGE. ©2014 HARVEST MANAGEMENT SUB LLC



WELCOME |

Leadership and planning

I started in the publishing business about 25 years ago in community newspapers. During that time, the publications I was involved with covered all types of cities and towns.

We wrote stories about school districts that struggled with declining enrollments, while also reporting on others that couldn't construct buildings quickly enough to house the continually growing student population.



We reported on city government races that couldn't attract a single person who wanted to run for an open council seat, as well as other communities where thousands of dollars were spent on campaigns in local primaries alone.

We tried to share the bit of enthusiasm in some towns where new jobs meant a single convenience store being constructed, while in other communities we couldn't create enough space to write about all the economic develop-

ment that was happening.

In this great state that we live in, those differences can be seen in a stretch of just a few miles. Some communities clearly prosper while others slowly crumble. It is a law of nature, you might say, as only the strong survive. Certainly the communities with access to major highways and interstates that are close to metro populations with educated workforces have an advantage, but it is more than that. The single greatest factor may deal with the quality of leadership and the related planning that comes from it. Windsor Heights has benefited from this at nearly every level, and the proof is in the pudding. You will see many examples of this in our cover story inside.

We are proud to write and share these stories about Windsor Heights, and you should be equally proud to live or work in this growing community.

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



JOIN THE Y TODAY

IF YOUR FAMILY IS SERIOUS ABOUT AN ACTIVE, HEALTHY LIFESTYLE, Y WAIT?

The Y offers programs for families and kids of all ages.

Our great facilities, equipment and trained staff are dedicated to helping you succeed.

With your membership in the Y, you receive these and many more benefits.

Coming in 2015 – Wellmark YMCA in downtown Des Moines

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

- AFFORDABLE RATES BASED ON YOUR HOUSEHOLD INCOME
- FREE DROP-IN CHILD WATCH AND FAMILY FRIENDLY EVENTS
- REDUCED RATES ON SWIM LESSONS, YOUTH SPORTS, AND SUMMER CAMP
- SPECIALIZED PROGRAMS FOR CHILDREN OF ALL AGES – FROM PRE-SCHOOL THROUGH HIGH SCHOOL
- FREE CYCLING AND GROUP FITNESS CLASSES INCLUDING BODY PUMP, ZUMBA AND YOGA
- OPEN GYM AND FAMILY SWIM
- FREE WELLNESS COACHING
- REDUCED RATES ON TRX AND BOOT CAMP CLASSES
- LAP POOL
- MEMBERSHIP GOOD AT LOCATIONS THROUGHOUT DES MOINES

FOLLOW US

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

106-6089

www.dmyymca.org



Windsor Heights City Inspector/Zoning Administrator Sheena Danzer and Mayor Diana Willits. Photo by Dan Hodges.

By Dawn Sagario Pauls

There's much on the horizon for Windsor Heights.

City officials, business owners and other community members reflected on economic development in the town in the last year or so. While they shared recent projects, they were also excited about things underway or coming down the pike.

Mayor Diana Willits says the city pulled back on its efforts beginning in 2008 but continued to do research and work behind the scenes in preparation for when the economy turned around.

Significant land purchase

A significant event last year was the sale of property to developer Richard Hurd, says City Administrator Jeff Fiegenschuh. Hurd purchased nearly eight acres of land on Hickman Road between 63rd and 68th streets.

There are plans for a senior housing facility with 31 units, as well as an urgent care medical clinic, Fiegenschuh says.

These projects mean better services for residents, city officials say.

Many Windsor Heights citizens have lived here for decades, Willits says, and want to continue living here. A lot of them have asked for more senior housing projects in the city.

Being a landlocked city is challenging because it means they have to grow and redevelop from within, Willits says. They've had to be more creative to ensure the sustainability of the city, which means also being more discerning when it comes to potential development. Willits and Fiegenschuh see Hurd's projects as adding long-term value to Windsor Heights.

Street paving project underway

Windsor Heights residents are driving on

smoother roads thanks to a street project currently underway.

The first phase of the \$3 million project involved a complete resurfacing of 4.1 miles of road, Fiegenschuh says. All three phases will be done by next year, with the total number of miles completed being dependent on the budget.

New City Hall

Discussions about a new City Hall have been going on for 10 years, Willits says.

Now it's becoming a reality. Come October, City Hall will move to 1145 66th St., Unit 1.

Currently, City Hall and the police and fire departments share the space at 1133 66th St. Public safety will remain at that location. Administration, the mayor's office and a work station for city council members will be located

FEATURE |

in the new building.

It's been a kind of game of musical chairs in the current space, Willits and Fiegenschuh say. Willits currently has no office, and public safety conducts its trainings in the council chamber.

"That was the driving force in why we needed that building as our public safety," Willits says. "We needed better service. We needed to make certain we had plenty of room. We had no room."

There is also no privacy for workers or citizens coming in with concerns. The arrangement will be much better in the new space and will also offer a better first impression of the city, city officials say.

The move worked out because the price was right. The city bought the building for \$220,000 and spent about \$100,000 in renovations. The option of building on top of the existing City Hall would have cost \$2 or \$3 million, according to Willits.

The new location is 2,160 square feet and will have a new conference room for community groups to use. An open house will be held on Oct. 7 from 5-7 p.m. for people to check out the space.

Revamped Colby Trail

Walkers and bikers will soon be enjoying a new and improved Colby Trail.

The path, which sees traffic of some 800,000 people annually, will be receiving a complete overhaul, including widening the trail from eight feet to 12 feet.

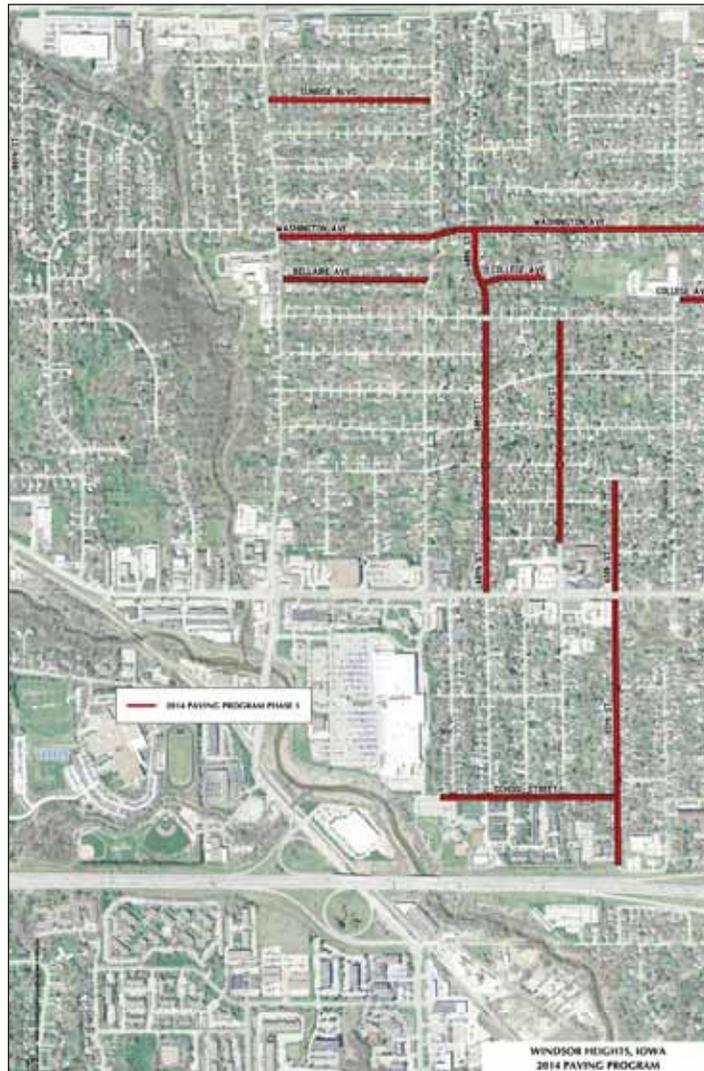
As of press time, work was expected to begin Sept. 8 and be completed by the end of the month.

New trail hub

A newly proposed trail hub at Colby Park will offer services for bikers and other amenities.

The open-air, covered structure would house a station for bike repairs, a place to rent bikes, a portable library and a spot for a pop-up restaurant, Willits explains. The hub will also serve as a farmers market area.

"It would be one of a kind in the state of Iowa," she says.



Windsor Heights residents are driving on smoother roads thanks to a street project currently underway. The first phase of the \$3 million project involved a complete resurfacing of 4.1 miles of road. All three phases will be done by next year, with the total number of miles completed being dependent on the budget.

The location for the hub is ideal because of Windsor Heights' central location in the metro and that many of the bike trails converge in that area, she says. It will be located next to the park's performance pavilion.

"This is a significant project for the city and its residents, many of whom like to bike and walk," Willits says. "They're currently in the fundraising phase and hope to break ground next spring."

Streetscaping project on Hickman Road

A portion of Hickman Road will be receiving a facelift.

The five-phase streetscaping

plan involves Hickman Road from 63rd to 73rd streets.

Windsor Heights received about \$250,000 in grant money for phase one of the project. It will include new signage, bump outs, lighting, possibly some sidewalk upgrades and landscaping on the south side of Hickman Road from 63rd Street to about 68th Street, Fiegenschuh says.

The first phase is anticipated to begin in 2015 and be completed in 2016.

New design standards soon to take effect

The city is working to create city-wide design standards that would

govern how development takes place within the corporate limits. The guidelines would dictate the look and feel of buildings and the types of building material used. The standards could take effect as early as October.

Businesses and other groups are also coming into Windsor Heights or expanding. Here's a closer look at some of them:

Church expansion

Windsor Heights Lutheran Church, located at 1240 66th St., recently opened its new addition, dedicating the facility in August.

The parish hall is part of an almost \$4 million project that included an extensive renovation throughout the church's old facility, says Lead Pastor Chris Olkiewicz.

The hall, which holds about 300 people, is not only a gathering space for their congregation, but they hope will also be a space that the community can use, Olkiewicz says. It also has a new kitchen.

"We needed some improvements in the functionality of our spaces just to facilitate our life as a congregation," he says. "We always had been limited in terms of gathering space for fellowship activities, so that was kind of the impetus behind the parish hall."

Some work still needs to be completed, but they hope to have everything finished by the church's open house on Sept. 28, Olkiewicz says.

Market Café under construction at Windsor Heights Hy-Vee

Construction of a Market Café at the Windsor Heights Hy-Vee began July 29, with its grand opening scheduled for Sept. 25, according to Tara Deering-Hansen, Hy-Vee's director of corporate communications.

The café will have a seating capacity of 125 people inside, and an outdoor patio that will seat up to 60 people. It features wait staff and added food options that can be ordered from the restaurant menu. Customers can also purchase food from the kitchen areas and eat in the café. A full bar will

FEATURE |

be available, offering local beers on tap and an extensive wine list.

The Market Café will serve breakfast, lunch, dinner and Sunday brunch.

New Kum & Go store

Kum & Go is rebuilding its store on 73rd Street and University Avenue, with plans to open the new one in the first quarter of 2015, says Traci Rodemeyer, communication manager for Kum & Go. The last full day of business for the current store will be Sept. 21.

The size of the current store is 2,508 square feet. The new store will be 4,992 square feet, offering a range of products including items made fresh in the on-site kitchen. The new store will have six fuel dispensers.

New Down syndrome achievement center

GiGi's Playhouse Des Moines, a Down syndrome achievement center, has plans to open in November



A newly proposed trail hub at Colby Park will offer services for bikers and other amenities. The open-air, covered structure would house a station for bike repairs, a place to rent bikes, a portable library and a spot for a pop-up restaurant. The hub will also serve as a farmers market area. Photo submitted.

at 6507 University Ave.

The nonprofit group will be offering free programming for individuals with Down syndrome, including one-on-one math and literacy tutoring sessions, as well as help with handwriting, says Megan Christofferson, founder and president. It currently serves 450 families from all over the state. It also

offers yoga, art, music therapy and story time.

The group is currently located in Urbandale. When completed, the new location will be triple the size of the current facility, which gives the group the ability to offer more services. That includes GiGi's University, which provides a "college-style experi-

ence" to adults with Down syndrome, teaching individuals living, career and speaking skills. They will be offering more nutrition and healthy eating classes, as well as a gym area where they'll work on gross motor skills and group therapeutic activities.

New restaurants

Developer Jeff Young says his building being constructed on the southeast corner of 66th Street and University Avenue will be home to three new restaurants. They will be opened by Chef David Baruthio of Baru 66, whose restaurant is also located in the same area.

Young says work should be completed sometime in the next 12 months.

"Now that the economy has improved, we're ready for the redevelopment, and we're ready to move ahead," Mayor Willits says. "Everybody has been gearing up for this. It's like a reenergized city with a new look." ■

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

URBANDALE
LET the
FUN
BEGIN!
PARKS & RECREATION

REGISTER TODAY!

Space limited.

Register today at
UrbandaleParksandRec.org
or by calling 515-278-3963!

PLANNED PARENTHOOD

BOOKSALE 2014

OCTOBER 9-13

4-H Building | Iowa State Fairgrounds

Opening Day October 9:
\$10 adult/child admission
FREE admission all other days!

BOOK SALE HOURS:

Thursday, October 9.....	3 p.m. – 9 p.m.
Friday, October 10.....	9 a.m. – 9 p.m.
Saturday, October 11	9 a.m. – 9 p.m.
Sunday, October 12.....	9 a.m. – 6 p.m.
Monday, October 13.....	9 a.m. – 6 p.m.

DesMoinesBookSale.com

THOUSANDS
of
new,
used
and
collectible
items!



Windsor Heights
the heart of it all

SEPTEMBER 2014
City of Windsor Heights

1133 66th Street • Windsor Heights, IA 50324
515.279.3662

www.windsorheights.org

SELF-DEFENSE COURSE OFFERED FOR WOMEN

The Windsor Heights Police Department is currently gathering contact information for area residents who may be interested in participating in a women's education and self-defense course called Rape Aggression Defense (R.A.D.). Dates of the course have tentatively been set for Tuesday and Wednesday evenings in October (7, 8, 14 and 15 from 6:00 pm–9:30 pm) at the Windsor Heights Community and Event Center. Class size will be limited to twenty students and attendance at all classes is recommended to complete the program successfully. There will be a one-time registration fee of \$25 due prior to the first class along with pre-event paperwork and waivers. Returning students are welcome at no charge.

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

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

Interested women, high school age and above, may contact Officer Woods at the Windsor Heights Police Department during normal business hours at (515) 645-6829 or e-mail her at awoods@windsorheights.org with questions.

FALL LEAVES AND STORMWATER

Summer is winding down and the bright, brilliant colors of fall are beginning to fill our trees and lawns. With turn of the season, leaves begin to fall. Please help keep our stormwater intakes free and clear of leaves and debris as you rake your lawns. Do not rake your leaves into the street as they will eventually end up in the stormwater intakes and the storm sewer, potentially clogging the pipes and causing flooded streets and possible homes. Windsor Heights stormwater flows in underground culverts, open ditches and creeks, and eventually finds its way to the Raccoon River, which is the source of our drinking water. Clean stormwater runoff helps protect aquatic life, and helps make our drinking water cleaner and safer too!

CITY HALL OPEN HOUSE

MAYOR WILLITS TO DEDICATE BUILDING

YOU'RE INVITED! Mayor Willits, City Council Members and City Staff welcome the public to the New City Hall for an open house! Join us Tuesday, October 7 from 5:00 pm–7:00 pm at 1145 66th Street, Suite 1 in Windsor Heights for tours of the building. Mark your calendar and join our celebration! Refreshments will be provided.

CDBG SUVERY

The City of Windsor Heights will be conducting a door-to-door survey of residents living in the neighborhood from 68th Street to 69th Street, South of University to School Street. This survey is to obtain necessary information needed to apply for a Community Development Block Grant from the State of Iowa.

The City is preparing a grant application which, if approved, would provide funding for a housing rehabilitation program within that area. The grant money is used to hire contractors to assist qualified homeowners in making repairs and improvements to their homes. Typical repairs may include re-roofing, foundation repair, insulation and window repair, re-siding, electrical as well as heating and plumbing work.

Grants are very hard to get because there is a lot of competition among communities throughout the state. Only about 25% to 30% of those that apply will actually be awarded a grant. If successful in obtaining funding, other neighborhoods may be addressed in the future.

In order to help document the need for this program, we are asking you as a homeowner in the neighborhood to complete a brief, one-page survey. Volunteers will be distributing these surveys door to door beginning in late September through early October. The City will need an 80% response rate to qualify for the grant funds and any information provided is kept strictly confidential.

In order to be eligible, the household gross income must be at or below the following limits based on the number of persons living in the home:

NUMBER OF PERSONS	INCOME LIMITS
1 person.....	\$41,950
2 persons.....	\$47,950
3 persons.....	\$53,950
4 persons.....	\$59,900
5 persons.....	\$64,700
6 persons.....	\$69,500
7 persons.....	\$74,300
8+ persons.....	\$79,100

Homeowners interested in finding out more information about the proposed program may contact the City Administrator directly at 515-645-6808.

OKTOBERFEST

Celebrate Fall in Windsor Heights! Join us at Colby Park on Saturday, October 4 from 2:00 pm–6:00 pm. Enjoy live music by Abby Normal from 4 pm–6 pm and bring the whole family for an afternoon of fun activities like pumpkin carving, train rides, face-painting, balloons and more. Check the website at www.windsorheights.org or follow us on Facebook for information and updates. See you there!



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

CALENDAR

Friday, Sept. 19

- Cityview's Martini Fest, sample 10 different drinks from area bars, visit www.dmcityview.com for tickets, \$20, 5-9 p.m., West Glen Town Center.
- VHS 10/V Football vs. Dowling, Homecoming, 4:45/7:30 p.m.
- V Boys Golf at Marshalltown, 10 a.m.
- 9/V Football vs. DM Hoover, Homecoming, 5/7:30 p.m.

Saturday, Sept. 20

- Valley Homecoming Dance, 8- 11 p.m.
- VHS 9/V Volleyball at Waukee, 8 a.m.
- VHS JV/V Cross Country at DM Roosevelt, 11 a.m.
- VHS V Girls Swimming at Iowa City, noon.
- RHS 9/V Volleyball at Waukee, 8/9 a.m.
- RHS JV/V Cross Country Invitational, 10 a.m.
- KWHB Fall Clean-Up, 8:30- 10:30 a.m., meet at Burger King.

Monday, Sept. 22

- First day of autumn
- RHS V Boys Golf at Valley, 10 a.m.
- RHS 8 Football at DM Hoover, 5 p.m.
- WDMPS Board Meeting, 7 p.m.
- VHS V Boys Golf Invitational, 10 a.m.
- VHS JV Football at Dowling, 4:30 p.m.
- VHS 8 Volleyball at Ames, 4:30 p.m.
- VHS 9 Football at Urbandale, 7 p.m.

Tuesday, Sept. 23

- RHS JV/V Boys Golf vs. DM Hoover, 3:30 p.m.
- RHS 9/10/JV/V Volleyball vs. DM East, 4:45/6/7:30 p.m.
- RHS JV/V Girls Swimming vs. DM East, 5:30 p.m.
- RHS JV/V Girls Cross Country at Newton, 5 p.m.
- VHS JV Boys Golf vs. Johnston, 3 p.m.
- VHS 8C Football vs. Johnston, 4:30 p.m.
- VHS 8AB Football at Johnston, 4:30 p.m.
- VHS 8 Volleyball vs. Indianola, 4:30 p.m.
- VHS 9/10/JV/V Volleyball at Fort Dodge, 4:45/5:45/7:30 p.m.
- VHS JV/V Girls Swimming vs. Ankeny, 5:30 p.m.

Wednesday, Sept. 24

- VHS 9 Boys Golf at Dowling, 11 a.m.
- VHS JV/V Boys Golf vs. Ankeny Centennial, 2 p.m.

Thursday, Sept. 25

- RHS V Boys Golf vs. Ottumwa, 3:30 p.m.
- RHS V Boys Cross Country at Indianola, 4:30 p.m.
- RHS JV/V Girls Swimming at Boone, 6 p.m.
- RHS V Football at Sioux City East, 7:30 p.m.
- VHS JV Boys Golf at Dowling, 3:30 p.m.
- VHS 8 Cross Country at Indianola, 4 p.m.

- VHS 8 Volleyball vs. Waukee, 4 p.m.
- VHS JV/V Cross Country at Indianola, 4:30 p.m.
- VHS 10 Football vs. DM Hoover, 6 p.m.
- VHS 10/JV Volleyball at DCG, 6 p.m.

Friday, Sept. 26

- VHS 9/V Football at DM Hoover, 4:45/7:30 p.m.
- VSW Picture Retake Day

Saturday, Sept. 27

- RHS V Cross Country at University of MN, TBD.
- RHS V Volleyball Invitational, 8 a.m.
- RHS JV Volleyball at Johnston, 8:30 a.m.
- RHS 9 Volleyball at Johnston, 9 a.m.
- VHS V Girls Swimming Invitational, 9 a.m.
- VHS JV Volleyball at Indianola, 8:30 a.m.
- VHS 9/10 Volleyball at Johnston, 9 a.m.
- VHS V Volleyball at Pella Christian, 9 a.m.
- VHS V Cross Country at University of Minnesota, 2 p.m.
- Valley Baker's Dozen Fall Mime Show, 7:30 p.m.

Sunday, Sept. 28

- Windsor Heights Lutheran Church Ribbon Cutting, 3 p.m., 1240 66th St.

Monday, Sept. 29

- VHS JV Boys Golf at Urbandale, 3:30 p.m.
- VHS 8 Volleyball vs. Johnston, 4:30 p.m.
- VHS 9 Football vs. Johnston, 5 p.m.
- VHS JV Football at Waukee, 6 p.m.
- VHS 9 Volleyball vs. Dowling, 6 p.m.
- RHS 8 Football vs. DM East, 7 p.m.

Tuesday, Sept. 30

- VHS 9/JV Boys Golf vs. Newton, 3:30 p.m.
- VHS 8AB Football vs. Indianola, 4:30 p.m.
- VHS 8C Football at Indianola, 4:30 p.m.





**COUNSELING CENTER
FOR HEALING AND WELLNESS, PLLC**

**GRIEF AND MOURNING
SUPPORT GROUP**

OCT 4 - NOV 22

SATURDAYS • 1-2PM

•••

**FROM SURVIVING
TO THRIVING**

HEALING FROM BROKEN RELATIONSHIPS

OCT 5 - NOV 23

SUNDAYS • 1-2PM

CALL TODAY TO RESERVE YOUR SEAT!
SPACE IS LIMITED!

6955 UNIVERSITY AVE • WINDSOR HEIGHTS 515.402.8486

WWW.COUNSELINGCENTERFORHEALINGANDWELLNESS.COM

CALENDAR

- VHS 8 Volleyball at Indianola, 4:30 p.m.
- VHS 8 Cross Country at Waukee, 4:45 p.m.
- VHS 9/10/JV/V Volleyball vs. Dowling, 4:45/5:45/7:30 p.m.
- VHS JV/V Cross Country at Waukee, 5:30 p.m.
- VHS JV/V Girls Swimming at Marshalltown, 5:30 p.m.
- RHS JV/V Cross Country at Waukee, TBD.
- RHS 8 Football at DM North, 5 p.m.
- RHS JV/V Girls Swimming at DM North, 5:30 p.m.
- RHS 9/JV/V Volleyball at DM North, 6/7:30 p.m.

Wednesday, Oct. 1

- RHS early dismissal
- VSW Parent-Teacher Conferences, 3-7 p.m.
- VHS V Boys Golf at Ankeny Centennial, 9 a.m.
- RHS V Boys Golf at DM East, 10 a.m.

Thursday, Oct. 2

- VSW Parent-Teacher Conferences, 3:45-7:45 p.m.
- VHS 8 Football at Indianola, 4:30 p.m.
- VHS 8 Volleyball at DCG, 4:30 p.m.
- RHS JV/V Girls Swimming Meet, 5:30 p.m.
- RHS 10 Football at Johnston, 6 p.m.

Friday, Oct. 3

- VHS V Football at Abraham Lincoln, 7 p.m.
- RHS 9/V Football vs. Johnston, 5/7:30 p.m.

Saturday, Oct. 4

- VHS V Volleyball at Urbandale, 8 a.m.
- VHS JV Volleyball at Ankeny, 8:30 a.m.
- VHS 9 Football at Ames, 10 a.m.
- VHS 10 Football vs. Ames, 10 a.m.

Monday, Oct. 6

- City Council Meeting, 6 p.m.

- RHS V Boys Golf Tournament, 10 a.m.
- RHS 8 Football vs. DM Lincoln, 5 p.m.
- RHS 9 Volleyball at Johnston, 5 p.m.
- RHS JV Volleyball at DCG, 5 p.m.
- VHS V Boys Golf at DM Roosevelt, 10 a.m.
- VHS 8 Football at Waukee, 4 p.m.
- VHS 9 Football at Dowling, 4:30 p.m.

Tuesday, Oct. 7

- City Hall Open House/Ribbon Cutting, 5 p.m.
- RHS JV/V Girls Swimming at DM Lincoln, 5:30 p.m.
- RHS 9/JV/V Volleyball at DM Lincoln, 6/7:30 p.m.
- VHS 8 Football at Ames, 4 p.m.
- VHS 8 Cross Country at Ankeny, 4:15 p.m.
- VHS 9/10/JV/V Volleyball at Johnston, 4:45/5:45/7:30 p.m.
- VHS JV/V Girls Swimming vs. Ames, 5:30 p.m.

Wednesday, Oct. 8

- RHS Early Dismissal

Thursday, Oct. 9

- RHS JV/V Girls Cross Country at Fort Dodge, 4:30 p.m.
- RHS V Boys Cross Country at Fort Dodge, 4:30 p.m.
- RHS 10 Football vs. DM North, 6 p.m.
- VHS JV/V Cross Country at Fort Dodge, 4:30 p.m.
- VHS 8 Volleyball vs. Waukee, 4:30 p.m.
- VHS 9 Football vs. Ankeny, 6 p.m.
- VHS 10 Football at Ankeny, 6 p.m.

Friday, Oct. 10

- V Boys State Golf Tournament
- RHS 9/V Football at DM North, 4:45/7:30 p.m.
- VHS V Football vs. Sioux City West, 7 p.m.

Saturday, Oct. 11

- V Boys State Golf Tournament
- RHS JV Volleyball at Waukee,

- 8:30 a.m.
- RHS V Volleyball at Cedar Rapids Jefferson, 8:30 a.m.
- VHS 10/JV Volleyball at Waukee, 8:30 a.m.
- VHS 9 Volleyball at Ankeny, 9 a.m.

Monday, Oct. 13

- Columbus Day
- RHS Foundation Meeting, 5:30 p.m.
- WDMPS Board Meeting, 7 p.m.
- VHS 8 Volleyball at Norwalk, 4:30 p.m.
- VHS 9 Football vs. SEP, 6 p.m.

Tuesday, Oct. 14

- RHS 8 Football vs. DM Hoover, 5 p.m.
- VHS 8 Cross Country at SEP, 4 p.m.
- VHS 9/10/JV/V Volleyball at Urbandale, 4:45/6/7:30 p.m.
- VHS JV/V Girls Swimming vs. SEP, 5:30 p.m.

Wednesday, Oct. 15

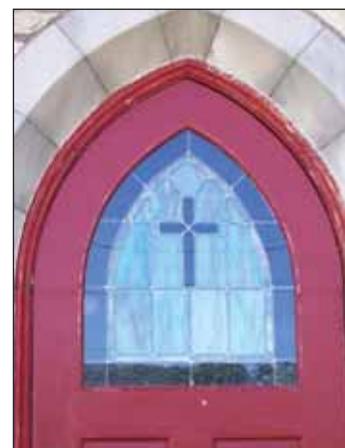
- RHS Early Dismissal
- Speed Networking Joint Luncheon with Des Moines Westside Chamber, 11:30 a.m., Windsor Heights Community and Event Center.

Thursday, Oct. 16

- RHS JV/V Cross Country at Indianola, 4:30 p.m.
- RHS 10 Football at Dowling, 4:30 p.m.
- RHS V Volleyball at DM East, 5 p.m.
- VHS JV/V Cross Country at Marshalltown, 4:30 p.m.
- VHS 8 Volleyball Meet, 4 p.m.
- VHS 9 Football vs. Ankeny Centennial, 6 p.m.
- VHS 10 Football at Ankeny Centennial, 6 p.m.

Friday, Oct. 17

- RHS 9/V Football at Dowling, 4:45/7:30 p.m.
- VHS V Football at Ankeny Centennial, 7 p.m.





FINISH UP THOSE PROJECTS!

WITH A
HOME EQUITY
LOAN BEFORE
WINTER

UNBEATABLE RATES AND TERMS!

3 YEARS **3.49%** APR*

5 YEARS **4.49%** APR*

10 YEARS **4.99%** APR*



**Cornerstone
Community
Credit Union**

*APR is fixed for term quoted. Please call for details about rates terms and payment examples. Equal credit opportunity lender.

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

FINANCE |

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?

You may not be as vulnerable as you might think. In the first place, given our growing awareness of healthier lifestyles, you could easily spend two, or even three, decades in retirement — so your investment time frame isn't necessarily going to be that compressed.

Nonetheless, it's 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. When investing in stocks, choose those that have actual earnings and a track record of earnings growth.

- **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."

- **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." In theory, this is a fine idea but, unfortunately, no one can really predict market highs or lows.

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.

We Understand Commitment.

For decades, Edward Jones has been committed to providing financial solutions and personalized service to individual investors.



You can rely on us for:

- **Convenience**
Locations in the community and face-to-face meetings at your convenience
- **A Quality-focused Investment Philosophy**
A long-term approach that focuses on quality investments and diversification
- **Highly Personal Service**
Investment guidance tailored to your individual needs

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

TOYOTA OF DES MOINES



**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**



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

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



**TOYOTA
OF DES MOINES**

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

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 9/30/14.

charles gabus ford

IOWA'S #1 FORD DEALER • HOME OF THE OIL CHANGE FOR LIFE

WE GIVE YOU THE PRICE & SELECTION THAT YOU DESERVE!

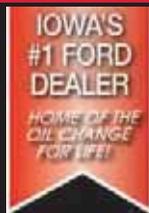


2014 FORD FUSION
114 AVAILABLE!



2014 FORD ESCAPE
128 AVAILABLE!

**NEW 2014
F-150 XLT
UP TO
\$13,000** OFF
MSRP**



**409 F-Series
in Stock!
All Sale Priced!**



NO GAMES. NO GIMMICKS. CLEAR CUT PRICING.

charles gabus ford

www.gabusford.com

4545 Merle Hay Road • Des Moines • 515.270.0707



#1 Ranking in Ford total car & truck new retail sales based on 2013 KC Region per Ford Reports. Vehicles pictured for illustration purpose only. Oil changes for life on new vehicle purchases excludes diesels, fleet and municipal units. See dealer for more details. Some units require Ford Motor Credit Co. Financing. All prices plus tax, title & license with approved credit. Not valid on prior purchases. Residential restrictions apply. \$ off includes Factory discount, Factory and Ford Motor Credit Co. Rebates. ** New 2014 Ford F150 XLT 302A Package up to 13,000 off MSRP requires FMCC and Trade Assistance. See dealer for more details.

DARE TO COMPARE!

2014 MIRAGE
\$12,999

After Rebate

UP TO 44 MPG

MILITARY & LOYALTY REBATES AVAILABLE



#14-40170

2014 OUTLANDER
DEMO SPECIAL!

SAVE UP TO

\$5,000 OFF*

MSRP AFTER ALL REBATES



#14-20090

2014 OUTLANDER
SPORT



SAVE UP TO

\$4,000 OFF*

MSRP AFTER ALL REBATES



#14-20460

2014 LANCER
SPORTBACK

SAVE UP TO

\$3,000 OFF*

MSRP AFTER ALL REBATES



#14-10050

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!

2015 K-900
3
AVAILABLE



2014 SOUL
20
AVAILABLE



2015 OPTIMA
34
AVAILABLE



2015 SORENTO
38
AVAILABLE



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

CHOOSE FROM OVER 300 USED CARS AND TRUCKS!

2011-2012 LINCOLN MKZ
AWD, FWD



CHOOSE FROM **7**
#93-875

AS LOW AS **\$19,988**

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
4545 Merle Hay Rd. • Des Moines
515-270-0707 • WWW.GABUSFORD.COM

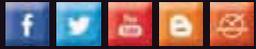
PRE-OWNED STORE NOW LOCATED JUST SOUTH OF THE FORD STORE!

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
September
Used Car
Sales Event



Save Big On A Great Selection

Prices starting at **\$8,988**

2.9% APR

#1 TOYOTA CERTIFIED DEALER

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

INSURANCE |

Winter's coming

Is your home ready for cold weather?

By Matt Cale, State Farm agent

Cooler weather is here — and so is the time for winterizing your home.

Not sure where to start? Use this list to help:

- **Clean air conditioners.**

Wipe down the unit, clear debris from the surrounding area and hose off the unit. Once it's completely dry, cover the air conditioner and turn off the water shutoff valve, if your system has one. Remove window units and store them indoors to prevent window drafts. If you can't remove your window unit, close the vents and protect it from the elements with an air conditioner cover.

- **Drain sprinkler systems.**

You can tackle this one of two ways: Remove the water using the system's drain valves or have a professional blow the water out with a large air compressor.

- **Turn off outdoor water supply.** Make sure all exterior water spigots are turned off and all attached hoses or other devices are removed, drained and properly stored.

- **Insulate pipes.** This will help prevent your pipes from freezing and save money on your hot water bill. Insulate by duct-taping pre-slit pipe foam (available at hardware stores) around exposed pipes in your home's crawl space or attic, even if you live in a climate where freezing is uncommon. Exposed pipes are most susceptible to freezing. Heat tape or thermostatically controlled heat cables can be used to wrap pipes. Be sure to use products approved by an independent testing organization. Seal leaks that allow cold air inside near



where pipes are located. Look for air leaks around electrical wiring, dryer vents and pipes and use caulk or insulation to keep the cold out. With severe cold, even a tiny opening can let in enough cold air to cause a pipe to freeze. Before winter hits, disconnect garden hoses and, if possible, use an indoor valve to shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.

- **Caulk air leaks around doors and windows.**

- **Add more insulation if needed.** If you can see the ceiling joists in your attic, you may need more insulation.

- **Test your thermostat.** Turn it to heat mode to make sure the furnace kicks on and blows warm air.

- **Have the furnace inspected by a professional.** Make sure it's in good shape to last through the winter.

- **Inspect and clean your roof and gutters.**

- **Install storm windows and doors.** ■

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

People do business with people they know and trust

If you're part of the WINDSOR HEIGHTS BUSINESS COMMUNITY

Do it!

JOIN the Chamber and let's do... BUSINESS.



WINDSOR HEIGHTS CHAMBER OF COMMERCE

WWW.WINDSORHEIGHTSCHAMBER.COM

Providing Insurance and Financial Services

Matt Cale Agent



State Farm™

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

Meet Noreen Nsereko

Leading students to think environmentally

By Rainey Cook

Noreen Nsereko has been teaching environmental science and Advanced Placement environmental science at Roosevelt High School for eight years. Her core student base is juniors, although she teaches a handful of sophomores and seniors as well.

"One of the best things I like about this age is looking forward to college prep and seeing their transition into adulthood," Nsereko says. "I like thinking beyond high school and where they're going to go."

The best thing about Roosevelt, she continues, is the diversity. Nsereko is originally from Scotland and her husband is a Uganda native, so she's no stranger to diversity. She enjoys the students and the fact that they bring a number of cultures and country origins with them. Mix that with the vast socioeconomic value Roosevelt provides, and you have one beautiful place to learn, grow and teach.

"It's like a really big family here," Nsereko says. "The staff works really well together."

Meanwhile, back in her home classroom, she and her students have much to boast about.

As part of a research grant from the George Lucas Education Foundation, Nsereko collaborates with researchers from the University of Washington at Seattle. Part of her findings come from her AP class which is a year-long project-based course that ponders one driving question all year: How



Noreen Nsereko has many positive things to say about Roosevelt High School. Photos by Rainey Cook.

can we live more sustainably?

She understands that her students may not all be future environmental scientists and she challenges them to consider as human beings how their daily choices impact society.

And so it goes. Her students love the intellectual challenges she offers and enjoy being in her class.

Nsereko's students will have two events in September. One opportunity is touring the Des Moines landfill to understand the full circle of garbage. The other event is welcoming the Blank Park Zoo to their classroom. In return her students will help the zoo design educational materials regarding species endangerment and habitat loss.

In her spare time you can find Nsereko and her husband with their two children, participating in all their activities. She is also training for the Des Moines Marathon. She and her husband moved to the United States in 2000. ■

What do you like best about your teacher?



Julia Estrada:
"She makes class a really nice place to be."



Omar Mujic:
"She's the main reason I took this AP class. She has the same expectations from everyone."



Hannah Marks:
"She's always willing to help us students."



Nondas Beswick moved from Highland Park to Windsor Heights in 1974. She wanted a larger home in which to entertain. Photos by Rainey Cook.

In her element

Beswick loves what her old home has to offer

By Rainey Cook

One of the main reasons homeowner Nondas Beswick purchased her Windsor Heights home in 1974 was to entertain. Forty years later, she's still entertaining!

"It's a fun house to entertain in," Beswick says.

She has family holidays and serves turkey, beef tenderloin or prime rib. Other parties and groups of people she serves include her bridge club, church circles and friends.

The home's open entryway and front room are perfect for several seating areas and many people. It's adorned with the quality furniture and drapes she purchased in the 1970s that have withstood the test of time. The thick royal green carpeting is still plush. The sofa and matching velvet chairs have a clean, comfortable look and feel.

"When I buy something I like it, and I like to use it," she says. "If you buy quality, it should last."

Beswick loves her St. Charles kitchen. The cupboards have convenient pull-out shelving, interesting separating compartments and solid hinges. The only renovation she can recall is painting these cupboards white, as they were

once pink. Beswick likes the small window that looks into the family room in the back of the house.

"I realize that someday someone might come in and tear this wall out to make the kitchen bigger and more modern, and I am OK with that. But for now, this kitchen and this house meets my needs as it is," Beswick says.

You'll find the three large bedrooms on the opposite side of the house. Their closets are amazing. The master bedroom has a large closet and a smaller cedar closet. A closet in the other bedroom is deep with a vanity and shelves that reveal themselves once the door is opened.

Getting ready for fall on the outside, Beswick will have two evergreens in the front yard and one ash tree in the back removed.

Otherwise, the pep in her step doesn't show any signs of slowing down. Her most recent gig for her grandchildren was buying 10 tickets to an Iowa State football game.

"I really enjoy doing those kinds of things for my grandkids," she says. "And we all just love getting together."

Soon they will all be together, here at 7004 Del Matro for the holidays. ■

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.

SENIOR LIVING |

The simple pleasures of fall include reading

Enjoying a book leads to a healthier brain

By Susan Ray, executive director, The Reserve

As we turn the calendar to September, a number of changes begin to take place. When you begin to feel that first crisp breeze, you know that summer is gone, and fall is in the air. Every season has its upside; however, autumn has a uniqueness of beauty. The world turns into a canvas with nature's paintbrush of vibrant color.

There are so many ways to enjoy the fall season. Walking outside reveals so much to take in. As you walk, take time to absorb all the beauty that surrounds you. The cover of red, yellow and orange leaves is so captivating. During the fall, our taste buds are bombarded by all things pumpkin. From lattes to ales, pies to pancakes, everything gets a delicious taste of pumpkin — something pumpkin for everyone to enjoy.

One of my personal favorites during the fall season is reading. The simple pleasure of sitting outside with a good book, surrounded by the beauty, the cooler temperatures, and getting lost in a character of the story is so very relaxing.

The truth is that reading books can be more than entertainment. Research has shown that reading is a very effective way to overcome stress. Researcher Dr. David Lewis said "It really doesn't matter what book you read. By losing yourself in a thoroughly engrossing book you can escape from the worries and stresses of



the everyday world and spend a while exploring the domain of the author's imagination. "

Reading may help you sleep better. Reading before bed may help calm your mind and prepare your body for sleep. If possible, read while lying in bed so that as you begin to get sleepy you merely turn off the light and out you go.

Reading contributes to a healthier brain. The brain is an organ just like every other organ in the body; if it's not used, the brain starts to deteriorate. Just as physical activity strengthens our muscles, bones, heart and lungs, intellectual activity strengthens the brain. Reading the newspaper, writing letters, attending a play or playing games are all simple activities that keep the brain stimulated and challenged.

So go ahead, grab a cup of warm apple cider, get a comfortable chair, and let yourself get caught up in a compelling story or swept away by a powerful character — it's good for you. ■

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!

The Reserve
URBANDALE



**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



Windsor Heights Lutheran Church offers youth groups on both Wednesday and Sunday evenings.

Christian values

Churches offer fellowship opportunities for youth

By Chris Kelley

As summer draws to a close, both children and teenagers face a lot of pressure headed back to school. Many outside influences can promote unhealthy and unproductive activities that can distract youth from school work, family and fellowship. For families interested in extra fellowship opportunities during the school year, the churches of Windsor Heights offer many after school and extra activities to keep Christ in the forefront.

Windsor Heights Lutheran Church, located at 1240 66th St., offers two weekly services for those seeking God to attend. Worship is held every Saturday at 5:30 p.m. and every Sunday at 9:30 a.m. Windsor Heights Lutheran's Wednesday group Akaloo offers a safe and fun learning environment for youth of all ages, with a community meal held every week starting at 5:30 p.m. and separate age groups meeting throughout the evening. There is yet another opportunity for youth to join together in meaningful fellowship on Sunday nights with the special group C.H.A.O.S. (Christians Hanging Around on Sundays). This weekly group invites ninth through 12th graders to stop by at 6 p.m. every Sunday to join in fellowship and go on fun and educational trips. More information is available at www.whlc.org.

Walnut Creek Church,

located at 900 64th St., offers up a vibrant Christian community promoting a passion for Jesus. Awanas Children Ministries is held every Wednesday in Windsor Heights from 6:25-8 p.m., offering youth a chance to connect and join in fellowship. Young women of the community are invited to attend the upcoming Young Adult Women's Retreat, set to be hosted at Camp Hantesa in Boone. The weekend trip is set to run from Friday, Sept. 19 through Saturday, Sept. 20. Looking into October, the Windsor Heights chapter of Walnut Creek will play host to the Prayer Summit on Friday, Oct. 17. Community members are invited to join in as the congregation prays for the church, community and beyond. For more information on upcoming events or to get involved, interested parties can visit www.walnut-creekchurch.org.

At **Windsor Presbyterian Church** on University Avenue, the congregation strives to be a warm and supporting family for worshipping God and sharing Christ's good news with others. Community members are invited to a weekly "drop-in" potluck held each Tuesday morning at 10:30 a.m. Church leaders invite members of the community to contact them for volunteer activities. Those interested in current youth program offerings may contact Pastor Shamaine Chambers King at shamaine@windsorpc.org. ■



Goody casserole

Basic recipe pleases hungry family

By Jan Allen

This casserole recipe was a favorite with our family when our three boys were growing up, and a favorite for my husband. It also serves as a good comfort food when the weather turns chilly and you want something warm and yummy in the tummy. It uses basic ingredients that most people have on hand, so it's easy to put together and stick in the oven for a quick, tasty dinner.

I wrestled with my choices for a recipe this month, so asked my husband for his advice. His response was a big yes for Goody Casserole — it's definitely one of his all-time favorites. It is also a great dish to prepare and take to another family that might be in need of an easy dinner to stick in the oven. It has ingredients that most people are able to eat, and it's easy and delicious. My husband and I rarely eat pasta, as we have eliminated most wheat from our diets. I made it tonight with zucchini noodles and tomato sauce made from veggies from our garden. You can substitute or adjust ingredients according to taste or what you have on hand. This certainly isn't a fancy dish, but one that is a basic recipe that should satisfy most hungry diners around your dinner table. ■

Goody casserole

Ingredients

- One lb. ground beef or turkey
- One 16 oz. can whole kernel corn
- One can tomato soup
- One onion, chopped
- 7 oz. spaghetti, cooked and drained
- 1/2 lb. grated cheddar cheese *

Directions

1. Brown meat and onion. Add corn, soup and spaghetti. Heat through.

2. Alternate spaghetti mixture with cheese in a greased 2-quart casserole, ending with cheese.

3. Bake at 350 degrees for 20-30 minutes or until bubbly and brown.

4. Allow to sit for 15 minutes or so before serving.

* (Instead of grated cheddar cheese, you could substitute thin slices of American cheese.)

Pin it!



Revocable trusts

Estate-planning vehicle is different from a will

By Ross Barnett, attorney, Abendroth and Russell Law Firm

A revocable trust is an estate-planning vehicle that is similar to a last will and testament, but has many important differences. It comes into effect while you are still alive, unlike a will. Property and assets are transferred to the trust, to be held and administered by a trustee for the benefit of another. Typically, you would be the initial trustee of the trust and would administer the trust for your primary benefit. After death, the trust could be administered for the benefit of a surviving spouse or children or could be liquidated and distributed. This type of trust has several benefits.

First, a trust provides for the orderly management of assets. During your lifetime, you will typically be the sole trustee and can manage the assets as you see fit. You can sell and acquire assets, change investments and fully utilize your resources.

Second, if done correctly and completely funded, a revocable trust will avoid probate. It allows for the smooth transition of the ownership of assets. If the trust is to terminate on death and be distributed to beneficiaries, the settling of a trust should take less than three months.

Third, a revocable trust allows you to make private provisions with respect to the disposition of your assets. Your wishes will not become part of public record, as they would if your estate went through probate.

Finally, a living trust is a good vehicle for planning for potential incapacity. By specifying a procedure for determining incapac-



ity and then naming a successor trustee, you can ensure the seamless administration of your affairs.

However, revocable trusts have some disadvantages. Initial costs will be higher because trust documents are more complex to draft than wills. Transferring assets to trusts incurs transactions costs. Plus, trusts have ongoing record-keeping and maintenance.

If one of your goals is to avoid probate, placing all of your assets in the trust is crucial. If you die with some assets in trust and some owned by you as an individual, your estate will have to be administered through probate to distribute the assets that are not in the trust.

Most importantly, using a revocable trust has no particular tax advantages. A revocable living trust still faces taxes and settlement costs. Be sure to consult with an experienced attorney when choosing a trust for your estate planning. ■

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



The benefits of shopping

By Clint Rogers, Comfort Keepers

Many older adults lead active, fulfilling lives. These older individuals are integrated, interactive participants in their communities, which in turn contributes to their wellbeing overall.

However, being active does not necessarily mean seniors need a full schedule of planned activities. Studies indicate engaging in daily life activities can have far-reaching benefits. Shopping, for example, is a daily life activity that can stimulate cognitive processes, provide physical benefits, and function as a leisure pursuit that promotes social engagement. This simple, daily activity may be a strong factor in quality of life for seniors who may not be as active or physically well as their counterparts.

Since shopping is a com-

mon activity, most people do not consider the cognitive processes involved in making everyday purchases. Shoppers must identify items needed, determine where the items can be obtained, evaluate and compare before and after purchase and determine value as compared to cost. While engaging in these processes can sometimes be attributed to buying habits, seniors who regularly shop are stimulating the areas of the brain involved in the decision-making process.

The physical benefits are notable as well. Older adults who shop regularly may actually live longer than those who do not. One study of more than 1,800 individuals aged 65 or older showed that participants who shopped every day, particularly men, had a 27 percent lower risk of death than those who

did not. Researchers reason that it is possible that the physical activity (walking) involved in shopping, the opportunity for these older individuals to buy food and make buying decisions that positively affected good diet and health and the social interaction may be key components of this decreased risk.

This last component, social interaction, is one that may affect life span because it affects life quality. Some studies of social engagement show that older adults who are more socially engaged had a 50 percent increased chance of living longer than those who were more isolated. The shopping experience can add to social engagement by allowing the older adult to meet and interact with new people during the outing as well as using the outing as a social experience with friends and

family.

Perhaps the most appealing aspect of shopping as a life-enriching activity is that it can be enjoyed by most older adults, even those who may have health problems. ■

References. California State University, Stanislaus. (2012). *Consumer buying behavior [Lecture notes]*.

Cole, C., Laurent, G., Drolet, A., Ebert, J., Gutchess, A., Lambert-Pandraud, R., et.al. (2008). *Decision making and brand choice by older consumers*.

Holt-Lunstad, J., Smith, T. B., Bradley Layton, J. (July 27, 2010). *Social Relationships and Mortality Risk: A Meta-analytic Review*

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

In-Home Care Services

She's Always Been The Independent Type. We Aim To Keep Her That Way.

We help to keep her independent spirit strong. Comfort Keepers® provides compassionate in-home care that helps seniors live safe, happy, and independent lives in the comfort of their own homes. We call our approach *Interactive Caregiving™*, a unique system of care, which keeps our clients mentally and physically engaged while focusing on their safety assurance and nutrition needs.

SERVICES

- Companion Care • Light Housekeeping
- Personal Care • In-Home Safety Solutions

Call For A Free In-Home Assessment

(515) 243-0011

1300 Metro East Dr, Suite 128
Pleasant Hill, IA 50327



Comfort Keepers.

a sodexo brand

©2014 CK Franchising, Inc. • Most offices independently owned and operated.

ComfortKeepers.com

We keep on growing

Open house for new City Hall is Oct. 7

By Michael Libbie, Windsor Heights Chamber board member

One of the exciting things about being on the Chamber Board is the opportunity to welcome new Chamber members and then let you, the citizens of our great community, know more about them.

This past month we welcomed Hurd Real Estate, a development and investment firm based here in Des Moines. The firm owns and manages a portfolio of more than 90 income-producing commercial properties in 10 cities throughout the Midwest and Southwest. They are a developing the Hickman and 63rd area here in Windsor Heights. We also welcome Z's Fresh Start Cleaning. The company, based in West Des Moines, thinks everybody can use a fresh start so they help with home cleaning to janitorial services. And you know what? We've got several more to announce next month.

Ribbon cutting

Join us at the Windsor Heights Lutheran Church on Sunday, Sept. 28 at 3 p.m. for a ribbon cutting to celebrate the new addition to the church — which just happens to be a member of the Chamber.

Windsor Heights City Hall Open House

This is so exciting for us. Join the Chamber and city officials on Tuesday, Oct. 7 at 5 p.m. for a ribbon cutting and open house at the new city hall. Mayor Diana Willits, city council and staff will dedicate the new location at 1145 66th St. This move will be a welcome addition to our community and ease the crowding at the current city hall, which will remain the headquarters for the police and fire departments. Refreshments and conversation for all. See you there.



Speed networking

Because time is money, why not accelerate the networking opportunity? That's exactly what we're doing with the Des Moines West Side Chamber on Oct. 15. Members will meet more people in a short amount of time with the goal of getting to know others and then extend that business opportunity. Save the date — Monday, Oct. 15 at noon at the Colby Park Community Building.

A huge thank you

By the time you read this we'll have had a successful Windsor Heights Chamber Golf Outing. A big thank you to our presenting sponsor, Colby Interests and to sponsors 3E, the Windsor Heights Hy-Vee, Hurd Real Estate/Development, the many volunteers from the Chamber and, of course, the golfers who attended. Thank you all.

Connect with us

Our website is www.WindsorHeightsChamber.com; Twitter: @WHChamber and Facebook: Windsor Heights Chamber. ■



SATURDAY, OCTOBER 4

2 to 6pm ~ Colby Park

69th and School Street ~ Windsor Heights

FREE!

2-4pm PUMPKIN CARVING

STORY TELLING

with Papa Cholly
from Two Rivers Story Telling Club

2-5pm Heartland Mini RAILROAD RIDES

2-6pm Interactive INFLATABLES

\$1 Ticket

FOOD and BEVERAGES

provided by WH Police Association

HULA HOOPS

with Mary Morgan Boyvey
(SparkleHoopDance)

2:30-5:30pm FACE PAINTING

with Gwendolyn Johnston

3:30-6:30pm BALLOONS

Sponsored by WH Chamber

4-6pm LIVE MUSIC

with Abby Normal



OUT AND ABOUT |



Matt Cale and George Hanusa at the Windsor Heights Luncheon held at the Windsor Heights Community & Event Center on Aug. 18.



Matt Reiff and Faith Dorn at the Windsor Heights Luncheon held at the Windsor Heights Community & Event Center on Aug. 18.



Allison Carlson and Betty Ridout at the Windsor Heights Luncheon held at the Windsor Heights Community & Event Center on Aug. 18.



Deb Bengtson and Leng Vong Reiff at the Windsor Heights Luncheon held at the Windsor Heights Community & Event Center on Aug. 18.



Mayor Diana Willits and Debra Prentice at the Windsor Heights Luncheon held at the Windsor Heights Community & Event Center on Aug. 18.



Rev. Chris Olkiewicz and Jeff Fiegenschuh at the Windsor Heights Luncheon held at the Windsor Heights Community & Event Center on Aug. 18.



Leng Vong-Reiff, Matt Kneifl, Deb Bengtson, Allison Carlson and Betty Ridout at the Do Business Windsor Heights at Edward Jones on Aug. 27.



Matt Kneifl and Matt Reiff at the Do Business Windsor Heights at Edward Jones on Aug. 27.



Emily Thomason, Deb Bengtson and Jodi Baker at the Do Business Windsor Heights at Edward Jones on Aug. 27.



Officer Nissen and Officer Metzger presented \$1,500 in gift cards to Shalee Torrence for the members and families of the Iowa National Guard at the Windsor Heights City Council meeting on Aug. 18.



MSGT Tim Cochran, Teresa Cochran, Shalee Torrence, Abby Stickel and SrA Ashley Wood at the Windsor Heights City Council meeting on Aug. 18. Members of the Iowa National Guard and family representatives were presented \$1,500 in gift cards from the Windsor Heights Police Association.



THE POWER OF MAMMOGRAMS

NOW IN 3D!

ANKENY • CLIVE • DES MOINES

IowaRadiology.com

(515) 226-9810



In Partnership With



UnityPoint Health
Des Moines

2015 NISSAN ALTIMA 2.5 S

SIGN & DRIVE LEASE

**\$0 CASH DUE
AT LEASE SIGNING**

\$259*

PER MONTH



More information

27 MPG CITY 38 MPG HWY

MSRP \$24,240
MODEL 13115

- ✓ NO DOWN PAYMENT
- ✓ NO FIRST PAYMENT
- ✓ NO TAX, LICENSE OR SECURITY DEPOSIT
- ✓ INCLUDES GAP INSURANCE



HUMMEL'S
Iowa's #1 Nissan Dealer!

4770 Merle Hay Rd. • Des Moines
515-253-0719 • 800-652-0048 • www.HummelsNissan.com

†Based on 2013 RegTrak sales. **Based on 2013 final sales. Photos are for illustration purposes only. No money down. Lease offers on Altima 2.5 S. M.S.R.P. \$24,240. Residual Value: \$14,301. Disposition fee due at termination. Tax, title, and license included in the lease payment. Lease allows for 12,000 miles per year with .15 per mile for excess mileage. All rebates assigned to dealer. Offer requires approved credit through Nissan Motor Acceptance Corporation. Based on EPA Highway Mileage for CVT Transmission vehicles. +From original in-service date. See warranty booklet for details. Offer ends September 30, 2014.

FOLLOW US ON:

