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The good FIGHT

**RESIDENTS BRING BREAST CANCER
AWARENESS TO THE FOREFRONT**

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Celebrating life

Most all of us don't have to look far to realize that we have been touched by cancer in one way or another. A grandparent or parent may have been diagnosed, or possibly a co-worker, spouse, child or even ourselves.

If you are a woman with a family history of breast cancer, you know well the risks you face. If you don't, let this month's cover story serve as the motivation to have a screening. Early detection, breast awareness and yearly mammograms are all part of the solution, and education is a critical part of this.



This message is not just for women. Breast cancer is about 100 times more common among women than men, but the guys are clearly not exempt. The American Cancer Society estimates about 2,360 new cases of invasive breast cancer will be diagnosed in men in 2014, and about 430 men will die from the disease.

Losing loved ones from any form of cancer is difficult. We hope and pray for cures. Meanwhile, cancer survivors are celebrating, and we want to celebrate with them. In an ongoing effort to build awareness and encourage our readers to have cancer checks, we share the accounts of local breast cancer survivors in our cover story this month.

I am fortunate that my family does not have a history of breast cancer, but I lost my father to other forms of cancer, and I value these opportunities to honor his life and the lives of so many others. I hope that you will join me in this.

Thanks for reading. ■

Shane Goodman
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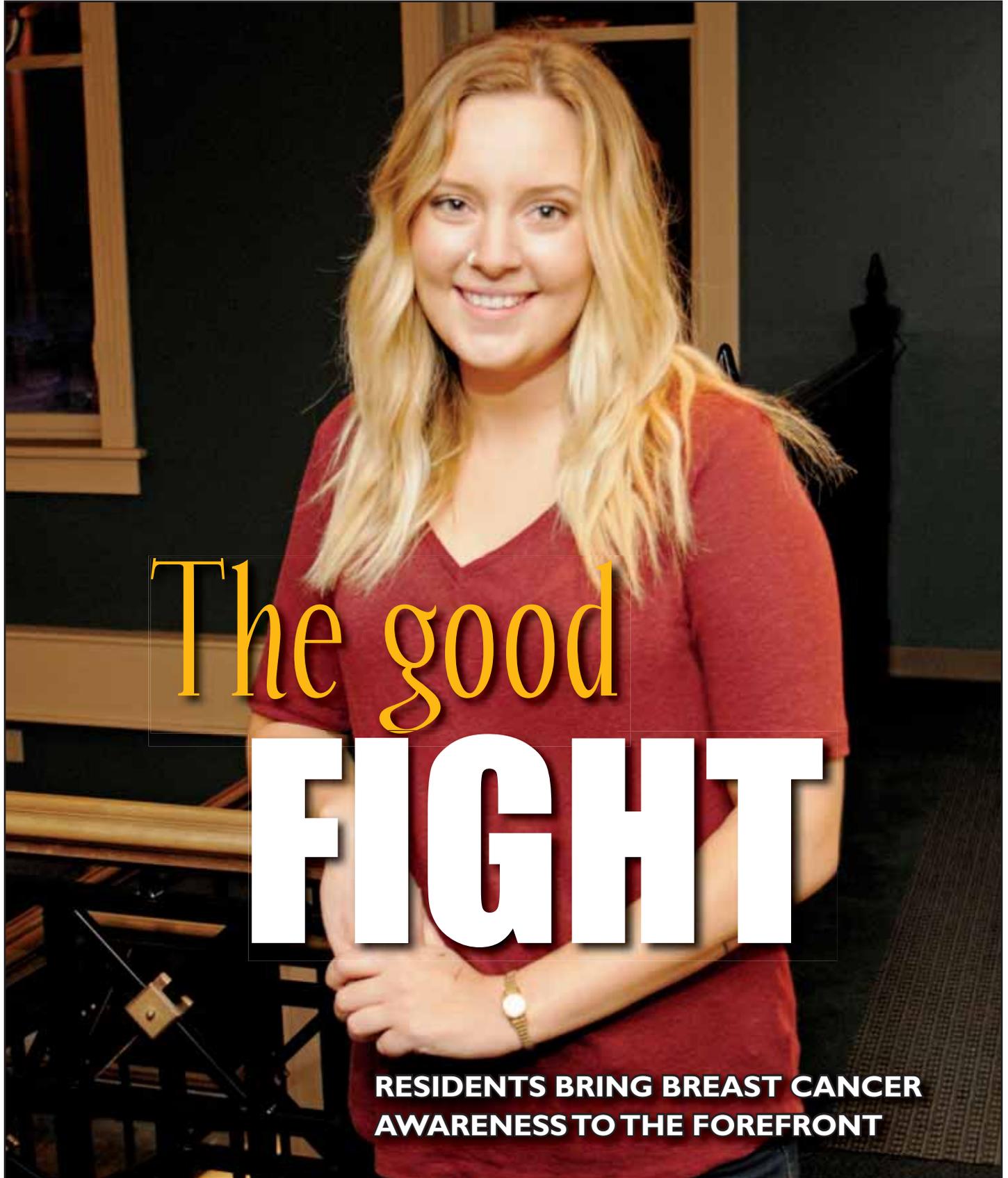
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**RESIDENTS BRING BREAST CANCER
AWARENESS TO THE FOREFRONT**

Taylor Knable has worked on a number of breast cancer fundraising events. Her grandmother is a breast cancer survivor.

FEATURE |

National Breast Cancer Awareness month draws attention to some of America's bravest survivors. The passion and courage displayed by a cancer survivor is something that cannot be matched. But survivors and patients aren't the only ones affected by this tragedy.

Breast cancer steals thousands of their lives every year. Family and friends of those with breast cancer and survivors face a long journey as well. From understanding to providing support, those with strong ties to survivors build strength, sympathy and understanding that provides immeasurable support to the breast cancer community.

Every penny counts

"It was never a second thought, really," says Taylor Knable as she counts out coins from a seemingly endless pool on a countertop.

"My family always told me to give back and help others in need, and that's exactly what I'm trying to do," she says.

As a little girl, Knable had no idea what sickness or cancer was. Her life was filled with friends, family and bedtime stories with her grandmother.

"When Nana got sick, it was like a bullet to the glass house," she says. "I didn't understand what cancer or chemotherapy was, and it didn't make sense to me."

Fortunately for Knable, her grandmother's story had a happy ending.

"It wasn't until she got better that I really understood what it was," Knable says. "At first it was like someone was telling me and my little siblings that life isn't fair — but seeing my grandma push through and survive lit a match under my family and that hasn't stopped burning."

And burning is exactly what that match continues to do. Knable has been active in raising money for breast cancer research ever since. In fifth grade, Knable says her parents had to stop her from going door to door to ask money for wigs for breast cancer patients that her Nana Ruth had befriended in the metro.

"I was a little hard-headed and didn't really know how to go about



Cassie May works tirelessly on an array of projects to support those with breast cancer. Photo submitted.

it at first," Knable jokingly says, admitting that all she gained from her first experience was \$2 and some disgruntled phone calls from the family across the street.

Fortunately, Knable found her knack. In middle school, it was baking brownies with her classmates and selling them to raise money. She and her friends also organized what they called a "can campaign," placing fundraiser canisters throughout local businesses to collect donations to send in. Knable rummages through a beloved can, decorated in colorful paper and designs, as she continues.

"My family wasn't always financially stable, and it was great to receive help when my grandma was sick," Knable says.

She knows that money doesn't grow on trees, so she made it her mission to pay it forward. Now in

college, Knable remains active in the community by participating in special events and fundraisers.

According to the U.S. National Library of Medicine, while breast cancer is not an inherited issue, genetic predisposition to developing cancer is.

"It's important to stay proactive," says Knable.

Her grandmother, who passed away of natural causes in 2013, lived a long and healthy life in part due to early detection.

"It's just as simple as being aware of your body and examining yourself," Knable says.

Johns Hopkins Medicine suggests that recurrence of breast cancer is the most common within the first two years. The renowned hospital also suggests that diet and exercise can play an important role in avoiding breast cancer.

"As soon as Nana was healthy, she knew the battle might not be over. At 60, she took a proactive approach and changed her lifestyle completely," she says. "My family did, too."

UnityPoint Health of Des Moines suggests that mammography is the best way for concerned women to stay proactive about their health. A mammogram is an X-ray of the breast and breast tissue. It's suggested by the American Cancer Society that women over the age of 40 should have a yearly screening.

Did cancer ruin Knable's family's life? She says no.

"It changed it, that's for sure," she says. "But without the struggle, I don't know that my eyes would have been opened to the world of giving back, to understanding the hundreds of thousands of patients and survivors who face this harsh

FEATURE |

reality. My grandma always told me that her cancer wasn't a curse; it was a blessing in disguise."

Finally finished with her counting, Knable smiles.

"Without it, I don't know that I would have done this. I don't know that this \$10 in pennies and dimes would be here," she says.

Heart in the right place

"It was a life-changing moment," says Cassie May as she thumbs a pink breast cancer ribbon.

The Windsor Heights resident recalls the heart-stopping confession her best friend made to her just months ago. The 25-year-old metro transplant never imagined a future like this.

"It was always something you saw in movies or heard about," she says. "There are no right words to say after your best friend tells you she has cancer. There's no script."

May and her college roommate Shelby Alexander had been inseparable since their time at Drake

University. They had shared laughter, heartbreak, disappointments and achievements — and after the tears and hugs, they promised to share this next journey together, too.

"It's amazing what you can accomplish with your best friend by your side," wrote Alexander underneath a photo posted of the inseparable duo on social media.

"So happy to have an amazing support system."

The two can be seen smiling from ear to ear in photos with one another. Despite hospital gowns and IV tubes, there's a strength and power to be seen.

One of the first big steps May remembers happened right away. Alexander wanted to freeze her eggs prior to chemotherapy to better her chances at conceiving in the future.

"That's when it really set in," says May. "But that's when we promised each other we'd beat it. That we'd be sitting on a sunny

beach this time next year, enjoying a cocktail and just enjoying ourselves."

The next step was a trip to a local salon for a new 'do.

Finally, treatment began.

Being close to someone dealing with cancer has shed new light on Breast Cancer Awareness Month for May.

"Our entire friend circle's wardrobe turned pink overnight," she joked.

May even managed a team to hit the pavement in the Race for the Cure Des Moines on Oct. 4. With glue gun in hand, May worked tirelessly to decorate a set of special pink shirts on her coffee table for the race. She promises that she and her friend's unique outfits will only be the first of several creative odes to breast cancer awareness. The duo is planning a creative project to contribute to the Bras for the Cause gala, but May says that their creation-in-progress will remain under wraps

until November.

According to UnityPoint Health of Des Moines, breast cancer is the most commonly diagnosed cancer among American women. It is also the second leading cause of cancer death for all women, making it the leading overall cause of death in women between the ages of 40 and 55. If cancer is discovered early enough, the five-year survival rate following treatment is a high of 96 percent, says the hospital. This is good news for Alexander and May both, with doctors saying early detection will play a key role in Alexander's recovery.

How the duo is dealing with stage I breast cancer? Laughing in the face of danger, of course. "Humor has been the best crutch," says May. "Cancer is a scary thing, but laughter and smiling can get you through almost anything."

As for their plans to relax seaside following recovery?

"We're already looking for plane tickets," says May. ■



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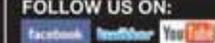
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MAYOR & CITY ADMINISTRATOR 10/60 MEETING TIME CHANGE

The Mayor and Administrator will continue hosting regular monthly 10/60 community meetings for Windsor Heights residents. The meetings will be held on the first Thursday of the month from 5:15-6:15pm at the Windsor Heights Community and Events Center. Residents are encouraged to attend. They will have 60 minutes to ask their Mayor and Administrator any 10 questions they want. Please call 645-6808 with questions.

NEW CITY HALL OPENING

The City of Windsor Heights Administration staff moved to their new location on Tuesday, September 30th. The new location is 1145 66th street, Suite 1 and is located just south of 66th and University. The following staff moved to the new location: City Administrator, Finance, Zoning Administrator and Code Enforcement, and Administrative Assistant. All phone number and email addresses will remain the same.

HAZARDOUS WASTE DROP-OFF EVENTS

Toxic, Flammable, Keep Away from Children: Do you have items with these types of words on the label? If so, stop storing it and get rid of it. Every year, Metro Waste Authority partners with the western suburbs to help residents get rid of household hazardous waste the safe and smart way. All metro residents (including Windsor Heights) can attend these west side drop-off events from 8am to Noon: October 25, Clive Aquatic Center, 1801 NW 114th St.

What to Bring & Not Bring:

Review a list of items to bring at www.WhereItShouldGo.com and click on Calendar for event details. ITEMS NOT ACCEPTED include: latex paint, electronic waste, medications and tires.

BEGGARS NIGHT

Ghosts and goblins will be in the neighborhood for trick-or-treating on Thursday, October 30, from 6:00- 8:00 pm. Turn on your porch light if you would like to host little visitors. Please be extra careful while driving at this time as well.



YARD WASTE COLLECTION ENDS NOVEMBER 29TH

Cool weather has arrived and raking leaves and disposing of them cannot be too far away. Compost It! yard waste is collected in participating communities weekly through Nov. 29. To ensure collection, residents need to use Compost It! brand bags or attach Compost It! stickers to store-brand bags. Residents can sign up for the annual Compost It! cart service. Please contact Leslie Holsapple, program & outreach manager, at 323-6501 with questions.

FAQ GARBAGE, RECYCLING & YARD WASTE COLLECTION

Friday is your collection day in Windsor Heights for all services – garbage, yard waste and recycling. Garbage and yard waste (during the yard waste season) are collected EVERY week. Recycling is collected EVERY OTHER week (see calendar on lid for your week).

GARBAGE- WHO DO I CALL?

- For a missed collection? Call ASI, your garbage hauler at 515.964.5229
- For cart repair/replacement? Call ASI, your garbage hauler at 515.964.5229
- To start/stop service? Call Des Moines Water Works at 515.283.8700
- To request an extra cart (for a fee)? Call ASI, your garbage hauler at 515.964.5229

RECYCLING- WHO DO I CALL?

- For a missed collection? Call Waste Management, your recycling hauler at 515.244.7336
- For cart repairs/replacement? Call Waste Management, your recycling hauler at 515.244.7336
- To start/stop service? Call Des Moines Water Works at 515.283.8700
- To request a different size cart (96 and 48 gallon carts available)? Call Waste Management, your recycling hauler at 515.244.7336

YARD WASTE- WHO DO I CALL?

1. For a missed collection? Call Waste Management, your yard waste hauler at 515.244.7336
2. To sign up for the yard waste cart service? Visit Windsor Heights City Hall

Residents can call Metro Waste Authority at any time for general questions about their service. For more detailed information residents can also visit the Windsor Heights page on the Metro Waste Authority website at www.WhereItShouldGo.com/WH.



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BETTY GLOVER, COUNCIL MEMBER • DAVE BURGESS, COUNCIL MEMBER • TONY TIMM, COUNCIL MEMBER**

CALENDAR

Friday, Oct. 17

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

Saturday, Oct. 18

- RHS Debate Tournament
- Taste of Norway Festival, Scandinavian activities, including bakery shop, gift shop, coffee shop, lunch, Norwegian lefse demonstrations, Nordic star demonstrations, vendors include hardanger, rosemaling, jewelry, aprons, doll clothes, Scandinavian paper crafts, and more, 8:30 a.m. - 2:30 p.m., Windsor Heights Lutheran Church, 1240 66th St.
- RHS 9 Volleyball at DM Lincoln, 8:30 a.m.
- RHS V Volleyball at Indianola, 8:30 a.m.
- State Marching Band Festival
- VHS 9 Volleyball at DM Lincoln, 8 a.m.
- VHS 10 Volleyball at Indianola, 8:30 a.m.
- VHS JV/V Volleyball at Johnston, 8:30 a.m.
- VHS V Girls Swimming at Marshalltown, 10 a.m.

Monday, Oct. 20

- City Council meeting, 6 p.m.
- RHS Riders Club Meeting,

6:30 p.m.

- VHS JV Girls Swimming at SEP, 5 p.m.
- RHS 8 Football at DM East, 5 p.m.

Tuesday, Oct. 21

- VHS V Volleyball, TBD.
- VHS V Girls Swimming at Johnston, 5 p.m.
- RHS 9/10/JV/V Volleyball vs. Ottumwa, 4:45/5:45/7:30 p.m.

Wednesday, Oct. 22

- No School | 11th Grade - DMPS
- RHS Early Dismissal
- Do Business Windsor Heights, 7:30 a.m., 4 Seasons Nail and Spa.

Thursday, Oct. 23

- V Cross Country Districts
- VHS V Volleyball at Ames, 4:30 p.m.
- VHS V Girls Swimming at Johnston, 5 p.m.
- VHS 9 Football at DM Lincoln, 6 p.m.
- RHS JV/V Girls Swimming at DM East, 4:30 p.m.
- RHS 10 Football at DM Hoover, 6 p.m.

Friday, Oct. 24

- No School - DMPS
- VHS 10/V Football vs. DM Lincoln, 4:45/7:30 p.m.
- VSW Mime Show, 7 p.m., IH Auditorium.
- RHS 9/V Football vs. Lewis Central, Senior Night, 5/7:30 p.m.

Saturday, Oct. 25

- VSW Mime Show, 1 p.m., IH Auditorium.
- ACT Test Date

Monday, Oct. 27

- V Volleyball Regionals
- WDMPS Board Meeting, 7 p.m.

Tuesday, Oct. 28

- VSW Band Concert, 7 p.m.

Wednesday, Oct. 29

- RHS Early Dismissal
- Sherwood Forest Chiropractic Clinic Ribbon Cutting, 4:30 p.m., 7546 Hickman Road.
- V State Football Tournament

Thursday, Oct. 30

- V Girls Swimming Regionals



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CALENDAR

- V Volleyball Regionals
- VHS 8 Girls Basketball at SEP, 4:30 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.

Friday, Oct. 31

- Halloween

Saturday, Nov. 1

- V State Cross Country Tournament
- V Girls Swimming Regionals

Sunday, Nov. 2

- Daylight saving time ends

Monday, Nov. 3

- V State Football Tournament
- VHS 8 Girls Basketball at Ankeny Centennial, 4:30 p.m.

Tuesday, Nov. 4

- V Volleyball Regionals
- VHS 8 Girls Basketball at Fort Dodge, 4:30 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.

Wednesday, Nov. 5

- RHS Early Dismissal

Thursday, Nov. 6

- RHS Musical - "Hairspray," 7:30 p.m., High School Auditorium.
- VHS 8 Girls Basketball vs. Marshalltown, 4:30 p.m.

Friday, Nov. 7

- RHS Musical - "Hairspray," 7:30 p.m., High School Auditorium.

- V State Football Tournament
- Stilwell School Play, 7 p.m., ST Auditorium.
- V Girls State Swimming Tournament

Saturday, Nov. 8

- RHS Musical - "Hairspray," 7:30 p.m., High School Auditorium.
- Stilwell School Play, 7 p.m., ST Auditorium.
- V Girls State Swimming Tournament
- VHS Fall Play, 7 p.m.

Sunday, Nov. 9

- Stilwell School Play, 1 p.m., ST Auditorium.
- VHS Fall Play, 2 p.m.

Monday, Nov. 10

- RHS Foundation Meeting, 5:30 p.m.
- VHS 8 Girls Basketball vs. Urbandale, 4:30 p.m.
- VHS 8 Wrestling at Ankeny Centennial, 4:30 p.m.
- WDMPS Board Meeting, 7 p.m.

Tuesday, Nov. 11

- Veterans Day
- VHS 8 Girls Basketball at DCG, 4:30 p.m.

Wednesday, Nov. 12

- RHS Early Dismissal
- West Side Legislative Breakfast, 7:30 a.m., The Village of Legacy Point, 1650 SE Holiday Circle
- V State Volleyball Tournament

Thursday, Nov. 13

- VHS 8 Girls Basketball at

- Urbandale, 4:30 p.m.
- Indian Hills Mimes Production, 7 p.m., IT Auditorium.

Friday, Nov. 14

- V State Volleyball Tournament
- V State Football Tournament

Monday, Nov. 17

- RHS PTA Meeting, 5:30 p.m.
- RHS Riders Club Meeting, 6:30 p.m.
- VHS 8 Girls Basketball at Waukee, 4 p.m.
- VHS 8 Wrestling at Ankeny, 4:30 p.m.

Tuesday, Nov. 18

- Stilwell 8th Grade Band Concert, 7:30 p.m., ST Auditorium.

Wednesday, Nov. 19

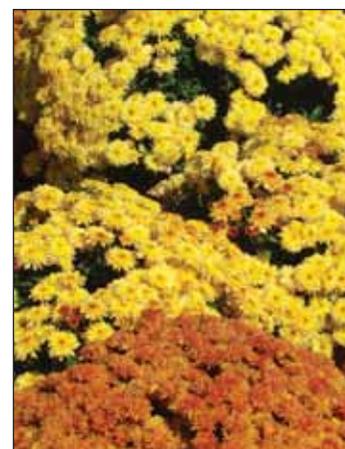
- RHS Early Dismissal
- Membership Luncheon on Leadership, 11:30 a.m.
- RHS Financial Aid Night, 6-7:30 p.m., High School Library.

Thursday, Nov. 20

- WHYPro Social, 5:30 p.m.
- RHS Winter Sports Meeting, 6:30 p.m.
- VHS 8 Girls Basketball at Waukee, 4:30 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.

Friday, Nov. 21

- V State Football Tournament





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Open enrollment: a great time to review your retirement plan

You may now be entering the "open enrollment" period, that time of year when you get to make changes to your employee benefits. Your benefit package can be a big piece of your overall financial picture, so you'll want to make the right moves, especially in regard to your employer-sponsored retirement plan.

Take a close look at your 401(k), 403(b) or 457(b) plan and keep these possible moves in mind:

- **Boost your contributions.** If your salary has gone up over the past year, boost your contributions to your employer-sponsored retirement plan. The contribution maximum amounts for 2014 are \$17,500, or \$23,000 if you're 50 or older to your 401(k) or similar plan. Remember the key benefits of these plans: Your money can grow tax deferred, and your contributions can lower your annual taxable income.

- **Don't miss the match.** Try to take full advantage of your employer's matching contribution, if one is offered. Your employer may match 50 percent of employee contributions, up to the first 6 percent of your salary. So if you're only deferring 3 percent of your income, you are missing half the match or leaving money "on the table," so to speak.

- **Rebalance.** You may be able to change the investment mix of your retirement plan throughout the year, but you might find that the best time to review your holdings and rebalance your portfolio is during open enrollment. Try to deter-



mine if your investment allocation is still appropriate for your needs or if you own some investments that are chronically underperforming, and always keep in mind the need to diversify. As you near retirement, you may need to lower your overall risk level, but even at this stage of your career, you'll benefit from a diversified portfolio. While diversification can't guarantee a profit or protect against loss, it can help reduce the impact of volatility on your holdings.

- **Review your beneficiary designations.** Your retirement plan's beneficiary designations are important and, in fact, can even supersede the wishes you express in your will. If you experience changes in your life like marriage, remarriage, a birth or an adoption, you'll need to update the beneficiary designations. It won't take much time today and it can help prevent a lot of trouble tomorrow.

You work hard for the money that goes into your retirement plan, so make sure your plan is working hard for you. ■

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

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Assembling an emergency car kit

Be prepared for roadside or travel problems

By Matt Cale, State Farm agent

You can't anticipate every possible roadside car or travel problem. However you should always have some sort of emergency car kit in your car.

What to consider when putting together your emergency road kit

You'll want to decide if you're putting together a simple roadside repair kit or preparing for a more serious, perhaps longer-term situation.

Where are you going and how often?

The answer to this question will help you determine what kind of emergency car kit you need. You may want one for your daily commute through suburban areas and another for longer trips to unfamiliar places.

How remote will your travel be?

Think about whether you will be driving on busy main roads or within a mile of businesses, residences or service stations or if you're heading out on much less travelled roads in areas where the nearest help could be miles away.

Storing your emergency kit

Store larger items in a box and smaller items in a backpack or duffel bag. You can use the bag to carry supplies in if you have to leave your vehicle on an extended hike. Make sure everything in your emergency car kit is secured so it doesn't roll or bounce.

Check out this checklist

We've compiled a handy list of some of the most commonly recommended emergency car kit items:

- Jumper cables

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



- Flashlight and extra batteries
 - First aid kit
 - Food items: nuts, energy bars, canned fruit and a portable can opener
 - Water: each person and pet in the car
 - Cat litter or sand for better tire traction
 - Shovel
 - Ice scraper
 - Warm clothes: gloves, hat, boots, jackets and an extra change of clothes.
 - Blankets/sleeping bags
 - Flares or reflective triangle
- If you should find yourself needing to pull off the highway, follow these safety instructions recommended by FEMA.
- Pull off the highway, turn on hazard lights and hang a distress flag from an antenna or window.
 - Call 911 if available.
 - Remain in the vehicle.
 - Run the engine and heater about 10 minutes each hour to keep warm.
 - Clear snow from the exhaust pipe to prevent carbon monoxide poisoning.
 - Exercise a little to maintain body heat. Avoid overexertion or sweating
 - Drink fluids to avoid dehydration.
 - Keep your vehicle's fuel tank at least half full at all times during.



Jon Swanson and Richie Hurd at the Windsor Heights Annual Golf outing held at Waveland Golf Course in Des Moines on Sept. 10.



Jeff Fiegenschuh, Danielle Hockenberry and Sheena Danzer at the Windsor Heights Annual Golf outing held at Waveland Golf Course in Des Moines on Sept. 10.

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Meet Blake Hammond

Real world learning is his focus

By Rainey Cook

Blake Hammond believes Merrill Middle School sixth graders really are becoming the young adults we want them to be.

Families that are familiar with Merrill Middle School already know about the International Baccalaureate (IB) program and its expectations and results. For the families that don't have a middle school student or perhaps are researching middle schools, Merrill Middle School on Grand Avenue has much to offer.

In his 14th year of teaching sixth grade science, Hammond loves that one of this school's IB focuses is to produce lifelong learners and create active citizens in the students' own communities starting in the family, at school, in Des Moines and even their global community.

Before Hammond focuses on the IB program or even science, he likes to take the first five or six weeks of every school year and really focus on the sixth grader. He understands these students are not elementary students anymore and not quite middle school students yet. He wants their experience into middle school to be safe and confident, so they do team building exercises. They address issues by doing activities together. They focus on their lockers and timing between classes. They focus on having homework more often now and remembering it.

"This is the right age for me," Hammond says. "I am heavily com-



Blake Hammond teaches sixth grade science at Merrill Middle School. Photos by Rainey Cook.

mitted to helping sixth graders with this transition. It's a very important transition."

Once this important transition settles, they can begin sixth grade science. As with all subjects at Merrill and the IB emphasis, communication is a key component. So, even in science, Hammond steers the discussions to real world learning and how each student can contribute his or her own ideals and communicate them.

"Parents expect that their students 'do' in my class," Hammond says. "Using the textbook is a distant third. Direct learning and processing through communication are first and second."

Simply put, even in science you have to communicate effectively.

Hammond's teaching style parallels the IB program.

"We have families who drive from all parts of the city to be part of Merrill, and that's the ultimate compliment for everyone at Merrill," Hammond says. ■

What do you like best about your teacher?



Gary Clark:
"He's a really fun teacher. He's one of those people if you get to know is fun."



Cael Fitch:
"I think he's very enthusiastic about kids' learning. He knows how to get into kids' heads."



Olivia Marsh:
"He can be very funny, but serious, and he does a lot of fun projects."



Bev Bierma and her dog, Riley, sit on the deck on the north side of her home. Photos by Rainey Cook.

Long-time appreciation

Bierma loves all Windsor Heights has to offer

By Rainey Cook

Homeowner Bev Bierma has appreciated Windsor Heights and all its offerings for many years.

Having been in the area since elementary school, Bierma has much to love and appreciate about her Windsor Heights location. She enjoys Colby Park's music in the park, yoga for seniors in the community center and the neighborhood ice cream socials. Her specific neighborhood throws Fourth of July and Christmas parties.

Bierma attended Windsor Elementary, Callahan Middle School and Roosevelt High School. She liked it then, and she appreciates that her children and some of her grandchild have attended the same schools.

Having been in her 1971 Rothchild ranch home since 2008, she loves everything about it.

"That's why I wanted to feature my home in the magazine," Bierma says. "I love it."

She likes the brick, the interior layout and the color.

The formal living room is in the front of the home. The family room with gas fireplace and dark rafters with white ceiling is in the back of the house. The formal dining room boasts built-in shelves and buffet.

"You just don't see this anymore," Bierma says.

She occasionally entertains friends for bridge and potluck parties. She and her sister-in-law trade hosting the Thanksgiving and Christmas holiday dinners.

The entire home offers approximately 2,700 square feet of finished living space. The only major addition Bierma has done is add a sewing room in the basement. Other gradual updates happen as needed. Major updates include new siding, roof and windows.

As life would have it, one of Bierma's card buddies' parents used to own the land her home now sits on. Her bay windows that face north out her kitchen window also showcase the land they once owned, now filled with lovely Windsor Heights homes.

The view out her kitchen window is like no other. It's as if you were in the country. The mature trees, green shrubs and peace contribute to Bierma's appreciation for her home. The quiet is beautiful.

"I had to have a yard that was fenced for my dog, Riley," Bierma says. "She loves running up and down the deck and throughout the entire backyard."

Although Bierma is sad to see a few longtime neighbors move, she plans to stay in the Windsor Heights home she loves. ■

Would you like your home featured in this column in an upcoming issue of Windsor Heights Living? If so, email Darren Tromblay at darren@dmciview.com.

You can make a difference

Volunteering benefits you and those you help

By Susan Ray, executive director, The Reserve

Staying active promotes overall improved health. We all know this to be a fact. We talk about exercise as a means to stay active. We strive to keep our minds stimulated which is a vital part of staying healthy.

Yet another key to healthy aging and to human happiness is finding and keeping a sense of purpose in life. Everyone needs a reason for getting up in the morning.

I challenge you to consider community service as a means to stay active and provide a sense of purpose in life. Many aging adults volunteer in their communities as a way of “giving back” to society in appreciation for the supports they themselves have received. It now appears that in addition to “giv-

ing back,” people gain many benefits from volunteering. Evidence is mounting to support that people who volunteer tend to live longer and live better. The sense of satisfaction in “helping,” the meaningful connection to others and the pleasure of having something interesting to do each day — these all contribute to a positive impact on health and vitality.

Volunteering in your community engages you in an opportunity to continue to grow and be creative all while “giving back” to others. Knowing that you are giving your time, talents, wisdom and experience, gives you the sense of purpose and adds value to your life.

Volunteering strengthens your community. As a volunteer you

help support families, improve schools, support our youth, beautify the community and the list goes on and on. When considering community service, be knowledgeable and aware of your passions and skill sets. These specifics will enable you to identify what area of volunteering is best for you. Determine what talents and experiences you are most interested in sharing with others. Next, determine where, when and how you’ll share your talents and experiences. The opportunities are endless.

Here are a few of the gratifying benefits of volunteering:

- It promotes personal growth.
- It makes you think about what are the needs in the community.

• It brings people together. You meet others you may have not had the opportunity to yet meet.

• Volunteering strengthens your community by offering support.

• You can learn from the others you are working with.

• You can give back.

Someone who has had a lifetime of work and experience behind them must feel good when they can use that previous knowledge to improve the life of another individual.

You can make a difference. ■

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

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Windsor Heights Lutheran offers a variety of opportunities for children and youth to get and stay involved in Christ.

Joyful noise

Building a strong congregation starts with teens

By Chris Kelley

At Windsor Heights Lutheran Church, there is a special focus on children and youth ministry. With multiple opportunities to learn and grow in Christ, Windsor Heights Lutheran staff says all youth should have the opportunity to experience the church's schedule of events.

Tania Schramm is Windsor Heights Lutheran's newest Children's Ministry Coordinator. Passionate about the ministry and spreading the word to children and families, Schramm says she is dedicated to teaching and building faith in her students. Schramm and staff offer a variety of fun activities that will build faith, friendships and relationships in Christ for the youth of Windsor Heights.

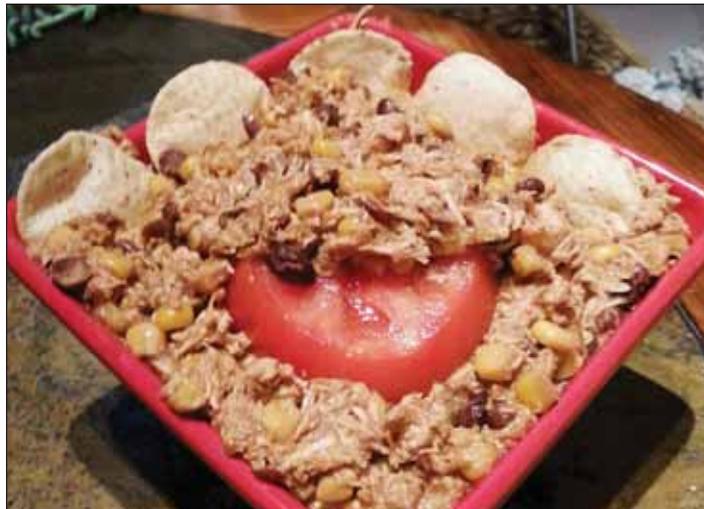
Faith building begins on Sundays at Windsor Heights Lutheran. Staff invites children to participate in worship at 8:30 and 10:45 a.m., although there is a nursery option available for infants and toddlers. There are several unique opportunities for youth during worship, including "Creation Station," when children are allowed to creatively color, cut, paste and mold items based on the service's theme and display them at the altar. Children also receive their own special bulletin, loaded with games and visuals that relate directly to the week's sermon. Family Life and Youth Director Erik Ullestad says these special in-sermon practices are in reference to Psalms 100, a passage

calling for worshipers to "make a joyful noise to the Lord," suggesting that even the sounds and presence of children are welcome in worship.

Windsor Heights Lutheran Church
 1240 66th St.
 515-277-6277
 www.whlc.org
 Worship:
 Sunday: 8:30 and 10:45 a.m.
 Saturday: 5:30 p.m.

Sunday school begins with a special meeting, "Fellowship 15," in fellowship hall beginning at 9:30 a.m. All of the youth join together to celebrate and worship together before splitting into separate groups. Toddlers and parents with a love for dancing, singing and reading Bible stories join the "Praise and Pray" group, while pre-K through sixth graders participate in worship through traditional family Sunday school. Learning doesn't end on Sundays, however.

On Wednesdays, the Akaloo Youth Group meets for a special supper starting at 5:30 p.m. Family and youth and enjoy fellowship and God before breaking away to smaller groups, learning important lessons, and participating in children's choir. Older youth have the opportunity to seek additional fellowship through C.H.A.O.S. (Christians Hanging Around On Sundays) on Sundays from 6-8 p.m. ■



Slow cooker chicken salsa

Recipe is easy, delicious and versatile

By Marchelle Walter Brown

Easy. Versatile. Delicious. When talking about a recipe, what could be any better? A few weeks ago this recipe was shared with me by friends from Texas, and it sounded so good and so simple that I tried it that very day... and my husband has requested twice since then!

It's easy. Only takes minutes to throw together using four basic ingredients, and with the flip of the switch on the slow cooker, it's going.

It's versatile. The finished product is meant to be served over rice or tortilla chips for a main course. However, because I've been watching my carbohydrates, I chose to spread mine over cold, thick-sliced tomatoes fresh from our garden and it was amazing.

It's delicious. Well, the finished product will speak for itself. ■

Slow Cooker Chicken Salsa

Ingredients

- 4 boneless skinless chicken breasts
- 1 15.5 ounce can black beans, drained
- 1 15-ounce can whole kernel corn, drained
- 1 15-ounce jar of your favorite salsa
- 1 8-ounce package cream cheese (optional)

Directions

1. Place thawed chicken breasts in slow cooker, then pour salsa, black beans and corn over the top and stir just to blend.

2. Cook on high setting for about 6 hours or until chicken will shred easily. Shred the chicken and stir.
3. At this point, you may add the package of cream cheese (just throw it on top) and cook for an additional hour.

(I actually omitted the cream cheese and instead stirred in a bit of low-fat cheese to make it more Weight Watcher friendly.)

Stir, served as desired, and enjoy.



The purpose of probate

Ensures assets are disposed of properly and legally

By Ross Barnett, attorney, Abendroth and Russell Law Firm

Probate is the process of court-supervised administration of an estate. If you have a will, upon your death your executor will present it to the court. It is a common misconception that merely possessing the will vests someone with the authority to act. In order for a will to be effective, it must be admitted to probate. If you die without a will, the probate court still has control over the assets of your estate.

Probate is necessary where there are assets which cannot be transferred. For example, real estate titled in the decedent's name cannot be sold without passing through probate. Investments which have no beneficiary designation generally require probate to transfer them to the heirs.

Banks and financial institutions may ask to see the "letters of appointment" or "letters testamentary." This is the official document, issued by the clerk of court, which empowers the personal representative to act on behalf of the estate.

Court supervision of the probate process ensures that your executor or the court-appointed administrator handles your estate fairly, legally and according to your wishes. To ensure that the will or the rules of inheritance are followed, the personal representative has a duty to report the assets, debts and disbursements of the estate to the court. The personal representative will also file tax returns on behalf of the decedent and the estate.

Iowa law requires that notice of probate be published in a local newspaper. The notice must



be published for two consecutive weeks. After that, the estate must remain open for four months before it can be closed. During this time, the personal representative will sell real estate, liquidate assets, pay creditors and make disbursements to beneficiaries. There may be other factors which require a longer probate period, but in general the probate of an estate should take about six months.

Attorney's fees and court costs cannot be paid until the estate closes. In Iowa, attorney's fees are statutorily-controlled and are approximately 2 percent of the gross value of the estate. The personal representative is also entitled to fees in the same amount. By comparison, other methods of asset disposal (like a revocable trust) have no fee caps.

The probate of an estate is fairly straightforward. Court-supervised administration of an estate is neither lengthy nor overly expensive and has the benefit of ensuring that all of the assets of the estate have been disposed of properly and legally. ■

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

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Helping seniors avoid return trips to the ER

By Clint Rogers, Comfort Keepers, information from Chase Patton, Rupali Joshi, Miriam T. Ashkenasy, M.D. and Todd C. Rothenhaus, M.D

A study at the Johns Hopkins School of Medicine, published in Gerontology, found that seniors who live alone have a 50 percent greater chance of early hospital readmission (within 60 days of discharge) and those with unmet functional needs, a 48 percent greater chance.

Home health agencies can help reduce odds like these.

Specially-trained caregivers help seniors make a smooth transition back home after a trip to the ER or inpatient hospital stay. They provide a wide variety of in-home care services that can help seniors follow doctor's orders. And, if needed, they can provide these services in conjunction with skilled home healthcare providers, who help clients manage their illnesses.

Here are examples of how spe-

cially trained caregivers assist recently discharged clients:

- **Medication reminders.** Caregivers can help make sure clients take their medicine on schedule. Noncompliance with prescriptions contributes to 10 percent of all hospital admissions.

- **Meal planning and preparation.** Caregivers can plan and prepare meals to promote clients' good health. This is especially important for clients who must stay on a specific diet to control conditions, such as diabetes.

- **Transportation to doctors appointment.** Caregivers provide transportation to ensure clients see their doctors as scheduled for follow-up care.

- **Companionship and conversation.** In the course of conversing with clients, as well as providing other services, caregivers watch for

signs of health changes. This way they can help clients get medical attention early on, before it becomes a crisis.

- **Interactive Caregiving™.** This is a very distinctive approach to in-home care, providing clients activities that engage them physically, mentally, socially and emotionally. This care philosophy can enhance a client's quality of life. Research shows that seniors who stay actively engaged retain better cognitive function, stay healthier and live independently longer. And specifically, exercise has been shown to help prevent falls — a leading cause of hospitalization among the elderly.

- **Technology solutions.** In place of, or to supplement, person-to-person caregiving, some home health agencies offer in-home safety technology solutions. These help seniors live independently at home, safely and

securely, when a caregiver isn't present. Technology solutions include a personal emergency response system (PERS), Web-based monitoring devices, a portable GPS location device and an automated medication management system that simplifies the sometimes complicated process of organizing and dispensing prescriptions.

Home health agencies, through a combination of caregiving services and technology solutions, work with families to help elderly clients continue living independently and safely at home for as long as possible — and to promote quality of life and good health. That includes preventing the need for hospital admissions. ■

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

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It's always something

Windsor Heights Chamber keeps busy

By Michael Libbie, Windsor Heights Chamber board member

Busy is good... right? If so, your Windsor Heights Chamber has been very, very good. Let's take a look back and a gander forward at what's going on with your Chamber:

New member

We continue to build our membership, and our latest is Z's Fresh Start Cleaning Service who believes everybody deserves a fresh start. Owner Maggie Spellman tells us they do residential, commercial and new construction cleaning. The most requested service is what they call "deep cleaning," and that's from top to bottom in your workplace or home. And, if you don't want the full service, they have a flexible program. Welcome to the Chamber. Find them ZsFreshStartCleaning.com

During the past month...

We held a ribbon cutting at the Windsor Heights Lutheran Church for its \$4 million renovation. It's a very impressive building, and we had a wonderful turnout on a beautiful Sunday afternoon. (And, the ice cream was good, too.)

Our golf outing was a tremendous success with 86 golfers who played through some damp weather but had a great time with the auction and meal. The socialization was "over the top." We're planning on an even better event next year. Than you to Colby Interests, the Windsor Heights Hy-Vee and Hurd Development for their key sponsorships. You truly helped make this a winner for everyone.

By the time you read this we will have completed another "Speed Networking" event with our friends from the Des Moines West Side Chamber. It's a great opportunity to meet and get to



know other business people!

Board retreat

The Windsor Heights Chamber understands that success comes through proper planning, and for that reason the board has completed a retreat to work on strategic goals for the coming year. There are some leadership changes coming. We want to make sure the changes are seamless and we continue our forward momentum.

Coming up

Do Business Windsor Heights is a 7:30 a.m. meet and greet. This month (Oct. 22) we'll be at 4 Seasons Nail & Spa at 6601 University. Sure, it's early, but the coffee is hot.

Then on Oct. 29 from 2-5 p.m. we'll have an open house and ribbon cutting for The Sherwood Forrest Chiropractic Clinic, 7546 Hickman Road. It's a great opportunity to meet our neighbors and business friends.

Let's connect

Come by our website, www.WindsorHeightsChamber.com, or our Facebook page, and you can follow us on Twitter @ WHChambr. ■



John Lutes, Matt Evans, Matt Kneifl and Jim De Kruif at the Windsor Heights Annual Golf outing held at Waveland Golf Course in Des Moines on Sept. 10.



Bill Canada, Dennis McDaniel, Andrew Nissen and Trace Kendig at the Windsor Heights Annual Golf outing held at Waveland Golf Course in Des Moines on Sept. 10.

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Ken Sherman bought his Volvo station wagon in Sweden and had it shipped home.

Volvo station wagon

Shermans go to the source for their car

By David Mable

With a garage full of bikes and weekend trips to ride them, Ken and Kristin Sherman needed a car capable of hauling their gear around Iowa and as far away as Mount Rainier, Washington.

What they bought in 2005 was a Volvo station wagon — the V-50. Where they bought it was quite unique.

“A number of foreign manufacturers offer a European pick up option,” says Ken Sherman. “It doesn’t cost any more than local pick up. In fact, it was a little cheaper and included two round-trip tickets to Sweden for Kristin and I.”

The trip, offered by Volvo, is intended to build customer loyalty and includes a factory tour and VIP treatment.

“You go to the factory and see your car almost as it comes off the assembly line,” says Sherman. “It’s then presented to you in a beautiful showroom with gorgeous women showing us all the features of the car. You are really treated special.”

Once the car is presented, the

new owners are welcome to drive it for a month in Europe.

“We looped through Sweden, hit the fjords of Norway and even visited the Olympic ski jumping venue in Lillehammer,” says Sherman. “We also took our tandem and did a lot of riding. It was a really fun trip, once in a lifetime.”

After the trip through northern Europe, the Shermans delivered their new car back to the factory where it is prepped and shipped across the Atlantic to the local dealership for pick up.

“We like driving it,” Sherman says. “It’s a 2005 and has about 112,000 miles on it. We originally planned on joining Volvo’s Quarter-Million-Mile Club, but the Iowa salt may have other plans.”

“It’s quiet. You can actually have a conversation in it,” he says. “It’s just so nice at the end of a long drive to not have your head pounding from all the highway noise.”

“It was a great opportunity to visit Europe,” says Sherman. “When we finally do replace it, we’ll have to consider whether to do that same program again. It might be worth it.” ■

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



Haley Wedig, Laura Kroeger and Lori Legler preparing to serve you at the new Hy-Vee Market Café in Windsor Heights on Sept. 24.



Robyn Fiedler and Kathleen Becker preparing to serve you at the new Hy-Vee Market Café in Windsor Heights on Sept. 24.



John Olson and Amy Vetter preparing for the opening of the Hy-Vee Market Café in Windsor Heights on Sept. 24.



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