

Windsor

Flourishing

magazine

november 2014

50324

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giving

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Recapturing the Joy of Christmas

❖
Sunday, December 7 -

*“Recapturing the Joy
of Giving”*

Sunday, December 14 -

*“Recapturing the Joy
of Living”*

Featuring Comedian Rich Praytor

Sunday, December 21 -

*“Recapturing
Child-Like Joy”*

A Kid-Friendly service for the Whole Family

Sunday, December 24 -

*“Recapturing the Joy
of Miracles”*

Christmas Eve candlelight service

Sunday, December 28 -

*“Recapturing the Joy
After Christmas”*

❖
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WELCOME |

Thankful exercise

Taking time to write down things to be thankful for is an exercise that we all should do often. But we don't. Yes, we may offer a comment or two around the Thanksgiving table, but we rarely put ink on paper to create a list of what we value in life. I finally did, and I offer these items that I am thankful for in hopes that they may inspire you to come up with a list of your own:



- For music that inspires me to exercise, to sing and to dance... and for the realization that I am not very good at any of them.

- For a soft pillow to lay my weary body on... after the aforementioned exercise.

- For the changes of seasons in Iowa... and for the air conditioning that makes it all bearable.

- For the abilities to read and write... and for the understanding of how truly important these skills are.

- For a job I enjoy going to most days... and for the weekends and vaca-

tions that allow me get away from it when I don't.

- For a solemn respect for death that I learned from my father... for without it I could never truly appreciate the value of life.

- For the opportunity to travel to other places... so that I can understand how good it is right here.

- For date nights with my wife... and for the romantic feelings that never seem to cease.

- For freedom and for capitalism... and for the realization that the two must go hand in hand.

- For religion and for prayers... and for the ability to express both openly or keep them to myself.

- For the need to set an alarm clock... as it reminds me that I have a purpose each day.

- For my old friends... and for the new ones who are getting older, too.

- For funny movies, practical jokes and bad nicknames... as I need a good belly laugh every day.

And for the ability to remember all of these things and more... and for allowing these experiences — and the memories of them — to continue to shape who I am.

Have a happy Thanksgiving. ■

Shane Goodman
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Risa Vandegrift, seventh grade, traces blue jeans before cutting the first piece of her donation to Sole Hope. "Making someone their first pair of shoes is so rewarding," she says. Photo by Courtney Keiser.

The middle school students at Cowles Montessori Elementary follow a curriculum that emphasizes mutual respect, compassion, empathy, world-wide perspective and a sensitivity to human conditions. These core principles have inspired a group of seventh and eighth-grade volunteers to complete two service projects this Thanksgiving season — making shoes for Sole Hope and serving a meal

at Central Iowa Shelter Services.

Sole Hope

Sole Hope is a charitable organization that offers African children relief from foot-related diseases through donations, education, employment and medical intervention. Many children in Uganda are plagued by jiggers — a small sand flea that enters the skin of bare feet, lays eggs and causes

unbearable pain. Jiggers are destructive and can cause infections, paralysis, amputation and, sometimes, death.

Molly Keninger, a lower elementary teacher at Cowles Elementary, was inspired by her niece's personal volunteer experience with Sole Hope and shared the cause with colleagues Jennifer Gelner and Karlette Brannon.

"The stories are devastating," Keninger

FEATURE |

says. "The things my niece told me we wouldn't even dream about."

The teachers acted quickly to organize what Sole Hope calls a "shoe-cutting party" for volunteers at the school. The students stayed busy cutting and tracing milk jugs, thin plastic folders, laundry detergent containers, two-liter soda bottles and blue jeans to create closed-toe shoes. Sole Hope provided a shoe kit and the pattern while volunteers brought the supplies, denim and plastic items.

Once the items were cut, the students assembled the pieces for shipment to shoemakers and tailors who then finish the shoes.

According to Gelner, the students were excited about Sole Hope from the get-go.

"Once we exposed the students through the informational video, they were ready to get busy," she says. "They came in the very next morning with stickers, jeans, band-aids, and one student had even raised \$50 in one night telling people about the project."

Eighth-grader Devyn Thompson says she no longer takes even the most insignificant items for granted.

"It's incredible how jeans, milk cartons and other items that we



Gary McCall, seventh grade, plans to serve at Central Iowa Shelter Services downtown on Nov. 26. "I enjoy helping people. I don't want anyone to go hungry," he says. Photo by Courtney Keiser.

usually throw away can be used to make shoes for these children," she exclaims.

Gary McCall, seventh grade, agrees. He feels the project has piqued his curiosity and interest in global awareness.

"When I was younger, I never knew or understood that people don't have what I have. I want to help those children to be happy, healthy kids," he says.

Montessori educational practices focus heavily on intrinsic motivation and creativity. Students are encouraged to channel the innate desires that drive people to engage in activities for enjoyment and satisfaction. Because it is undeniably rewarding to be charitable, especially during the holidays, Sole Hope was the ideal international service project.

And the kids were thrilled to show off their craftiness.

"I like sewing, and I also enjoy cutting and making things, says Naomi Adams, eighth grade. "With this project, I can use my own skills to help someone else."

Sole Hope and its volunteers give many African children their first pair of shoes. The group also furnishes outreach housing, medical assistance and education to

Ugandan citizens. Shoemakers and tailors are given jobs that are otherwise unattainable. According to its website, in 2013 Sole Hope collaborated with 92 clinics to have 12,500 jiggers removed and 10,800 feet cleaned. The organization gave 3,000 pairs of shoes to Ugandan people.

Volunteers are encouraged to spread Sole Hope's message through social media, to donate to the cause by staying in Sole Hope's housing when visiting Uganda or through personal monetary contributions and shoe-cutting gatherings.

For more information about Sole Hope, and to host your own Thanksgiving shoe-cutting party, visit www.solehope.org.



Maddie Moody, seventh grade, is thankful that she can be with her family this Thanksgiving. Photo by Courtney Keiser.

Central Iowa Shelter Services

The staff and faculty at Cowles Elementary serve two meals a year at Central Iowa Shelter Services. This year, they've decided to invite their students. On Nov. 26 the same kids involved with Sole Hope will also deliver a Thanksgiving meal to more than 200 people at the downtown shelter. Gelner and Brannon organized the project and plan to make it a Cowles tradition.

"Our students eat three meals a day, not to mention snacks of great food," Brannon says. "I hope our children realize that there are millions of people who go hungry."

Gelner and Brannon urge the students at Cowles Elementary to spend this Thanksgiving season savoring the clothing on their backs, shoes, food, medical care and other basic necessities they are entitled to. The teachers strive to promote acts of kindness, to people the children know and those they may never meet in person.

"We integrate kindness and thankfulness into our geography, Character Counts and peace curriculum," Brannon says. "This is my favorite part of working with children."

The faculty's efforts have made a profound impact on the students. The teachers plan to continue to expose children to service projects that instill a charitable drive that lasts throughout high school and

the rest of their lives.

Their motivation? The notion that even one small act of giving may turn into a lifetime of philanthropy.

"We plan to do one project a month with this group. After the shelter, the students will ring bells for the Salvation Army and work with the DMARC food pantry," Gelner explains.

Eighth-grader Edina Hodza visited the shelter in the past and says she is eager for her fellow students to see just how thankful the residents are for the food and also the companionship.

"They don't have a lot of people to spend the holidays with," she says. "It's a privilege that we get to be their temporary family for a night."

The Cowles students are not only excited by the goodwill aspect of the shelter project, but also the opportunity to plan the dinner. Because the residents will receive traditional Thanksgiving fare the next day, the students chose an alternate route for the main dish. They will prepare pasta, salad and bread, and volunteers will bake sheet cakes to deliver and serve.

Central Iowa Shelter Services gives free housing and meals to



Devyn Thompson, eighth grade, carefully cuts the milk cartons used for the heel of Sole Hope's shoes. Cutting the cartons precisely is essential. If not, the tailors may struggle with sewing and assembly. Photo by Courtney Keiser.

FEATURE |

2,000 homeless women and men each year. The shelter also provides support services to help those affected by homelessness to work toward an independent lifestyle. The 42,000-square-foot facility has 207 beds and provides evening and breakfast meals, medical care, group and individual counseling, showers, laundry, referrals to other community services and life-skills coaching.

Tony Timm, executive director, says volunteers are vital to the shelter's operation.

"Central Iowa Shelter and Services wouldn't be able to serve the number of people that we do without the ongoing support from the many groups and individuals that provide our evening meals and interact with our residents," he says. "We have many ongoing volunteer opportunities for small and large groups."

Visit www.centraliowashelter.org for more information about Central Iowa Shelter and Services, or to volunteer. ■



Teacher Jennifer Gelner, far right, will accompany a group of Cowles Elementary students at the Central Iowa Shelter services building downtown on Nov. 26. The group will serve more than 200 people. Pictured with Gelner, left to right, are Tess Paxson, Edina Hodza, Gary McCall, Devyn Thompson, Risa Vandegrift, Naomi Adams, Maddie Moody and Amelia Alloway. Photo by Courtney Keiser.

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MAYOR & CITY ADMINISTRATOR 10/60 MEETING SCHEDULE CHANGE

The Mayor & Administrator will continue hosting regular monthly 10/60 community meetings for Windsor Heights residents. The meetings will be held on the **second Monday** of the month from 5:15-6:15 p.m. 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. The next 10/60 meeting is Monday, Dec. 8 at 5:15 p.m.

YARD WASTE COLLECTION ENDS NOV. 29

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 Irlbeck, program & outreach manager, at 323-6501 with questions.

2015 PET LICENSE REGISTRATION

The time to register your pets for 2015 is coming up. All pet owners must register their animals Jan. 1 through March 31. Even if renewing, please bring a copy of your pet's current rabies certificate or bring a copy of your 2014 pet license. The fee for fixed animals is \$10 and un-fixed is \$20. Pet Licenses are available at the Windsor Heights Public Safety Building located at 1133 66th St. The 2015 Pet License Application is available on the Windsor Heights website at www.windsorheights.org. If you have any questions, please call the Police Department at 277-4453.

Reminder to Pet Owners: Even if registered, pets are never permitted to run at large in the city and must be on a leash or confined at all times. All pet ordinances are in Chapter 55.



WINDSOR WONDERLAND

Windsor Wonderland will be Saturday, Dec. 6 from 2-6 p.m. at the Windsor Heights Community & Events Center located in Colby Park. The cost is \$3 per person and includes activities, hot dog, hot chocolate and viewing of three Holiday classics: Rudolph the Red Nose Reindeer, Frosty the Snowman, and A Charlie Brown Christmas! Children 2 and under are free. Visit www.windsorheights.org for more information or contact Tina Campbell at 645-6821.

BUSINESS SELECTED AS WINNER OF THE 2014 EXPLOR AWARD AT MARKET RESEARCH EVENT

Quester, a national marketing research company headquartered in Windsor Heights was announced as the winner of the EXPLOR Award, one of the industry's most distinguished and respected honors at The Market Research Event in Boca Raton, Florida. Tim Hoskins, President of Quester and Andrea Joss, Vice President of Research were joined by their client to accept the award. Joss is one of the top 20 market researchers in the country and is responsible for the oversight and execution of Quester's strategic research vision of becoming a world-class research organizing committed to learning and client satisfaction.

The EXPLOR Award is an annual case study competition honoring innovation in marketing research. Innovation leaders from global corporations, research agencies and academia submit high-impact case studies where technology or new methods have advanced the research and insights process.

Quester specializes in conversation. Integrating close-ended questions and moderated, open-ended questions into every study, every design, and for every person, Quester exposes nuances in research missed through traditional methods.

ANNUAL HOLIDAY LIGHTING CONTEST

The Windsor Heights Foundation is pleased to announce the annual holiday lighting contest. The Foundation has divided the city into six zones, and will award a \$50 prize to the winner in each zone. The Foundation will award an additional \$50 for the "Best of the Best." The contest winners will receive a lighted sign to place in their yard. The Foundation also appreciates the businesses that decorate for the holidays.

Judging will take place between 6:30 and 9 p.m. from Dec. 3-10, 2014. The Foundation is asking residents to have their decorations in place and lit during this time. The Foundation has selected these criteria for judging the displays:

1. Consistent theme (not a mix of secular and religious).
2. Balanced design; not cluttered or overdone.
3. Creativity in design.
4. Originality, including "hand-crafted" elements.
5. Minimum use of "plastic."
6. Display looks good by day as well as by night.

Last year's contest winners were:

District 1	1809 79th St	Gregg and Karol Mauk
District 2	7023 Bellaire	In Bo and Won Hee Jung
District 3	6771 College	Chris Wenson
District 4	1440 64th	Andy Bearbower
District 5	1400 73rd	Brad and Brita Meyer
District 6	1026 69th	Brook and Nick Roberson
Best of the Best	1440 64th	Andy Bearbower

NEW CITY HALL HOURS

Effective Monday, Nov. 3, 2014, The City of Windsor Heights City Hall hours of operation are: Monday, 8 a.m.-5 p.m. and Tuesday-Friday, 8 a.m.-4:30 p.m.

**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, Nov. 21

- V State Football Tournament
- Brenton Skating Plaza opens

Saturday, Nov. 22

- VHS V Girls/Boys Basketball Tournament, 4 p.m.
- RHS V Girls/Boys Basketball at Valley, 4 p.m.

Monday, Nov. 24

- WDMPS Board Meeting, 7 p.m.
- VHS JV/V Bowling at Ottumwa, 2:30 p.m.
- VHS 8 Girls Basketball vs. Johnston, 4 p.m.
- RHS JV/V Bowling vs. Dowling, 3:15 p.m.

Tuesday, Nov. 25

- VHS 8 Wrestling at Waukee, 4:30 p.m.
- VHS 9 Girls Basketball vs. Norwalk, 4:45 p.m.
- VHS JV/V Girls Basketball vs. DM North, 4:45/7:45 p.m.
- VHS JV/V Boys Swimming vs. Mason City, 5:30 p.m.
- RHS 9/JV/V Girls Basketball at Ames, 4:45/6/7:30 p.m.

Wednesday, Nov. 26

- No School - DMPS
- No School - WDMPS

Thursday, Nov. 27

- Thanksgiving Day
- No School - DMPS
- No School - WDMPS
- City Hall closed

Friday, Nov. 28

- No School - DMPS
- No School - WDMPS
- City Hall closed

Monday, Dec. 1

- City Council Meeting, 6 p.m.
- VHS 9 Boys Basketball vs. Johnston, 7 p.m.
- VHS JV Boys Basketball at Johnston, 7 p.m.

Tuesday, Dec. 2

- RHS JV/V Bowling at Johnston, 3:45 p.m.
- RHS 9/JV/V Girls Basketball at Ankeny, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball at Ankeny, 4:45/6:15/7:45 p.m.
- RHS JV/V Wrestling Meet, 6:30/7:30 p.m.
- VHS 8 Girls Basketball vs. Ankeny, 4:30 p.m.

Wednesday, Dec. 3

- RHS Early Dismissal

Thursday, Dec. 4

- RHS JV/V Boys Swimming Meet, 5:30 p.m.
- VHS/VSW Orchestra Concert, 7:30 p.m.
- VHS JV/V Bowling vs. Waukee, 3:45 p.m.
- VHS 8 Girls Basketball vs. Fort Dodge, 4:30 p.m.
- VHS 8 Wrestling at Ames, 4:30 p.m.
- VHS 9 Boys Basketball at Ankeny, 4:45 p.m.
- VHS JV/V Boys Swimming vs. Johnston, 5:30 p.m.
- VHS JV/V Wrestling at DM Lincoln, 6:30/7:30 p.m.

Friday, Dec. 5

- RHS 9/10/V Boys Basketball vs. Valley, 4:45/6:15/7:45 p.m.
- RHS 9/JV/V Girls Basketball vs. Valley, 4:45/6:15/7:45 p.m.
- VHS 9/10/V Boys Basketball at DM Roosevelt, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball at DM Roosevelt, 4:45/6:15/7:45 p.m.

Saturday, Dec. 6

- Windsor Wonderland, details TBA.
- RHS V Boys Swimming at Ames, 11 a.m.
- RHS 9/JV/V Girls Basketball at Abraham Lincoln, 2:15/4 p.m.
- VHS JV Wrestling at Winterset, 9:30 a.m.
- VHS V Wrestling at Cedar Falls,

10:30 a.m.

- VHS 9/JV/V Girls Basketball vs. Cedar Rapids Jefferson, 1/2:30/4 p.m.

Monday, Dec. 8

- 10/60 Meeting, 5:15 p.m. Windsor Heights Community and Events Center.
- WDMPS Board Meeting, 7 p.m.
- VHS 8 Girls Basketball at Waukee, 4:30 p.m.
- VHS 9/JV Boys Basketball vs. DM Lincoln, 7/8:15 p.m.

Tuesday, Dec. 9

- RHS V Girls/Boys Bowling vs. Ottumwa, 3:15 p.m.
- RHS JV/V Boys Swimming vs. Indianola, 5:30 p.m.
- VHS V Bowling at Sioux City East, 2 p.m.
- VHS 9 Boys Basketball at Urbandale, 4:30 p.m.
- VHS 8 Wrestling at DCG, 4:30 p.m.
- VHS 9/JV/V Girls Basketball vs. Mason City, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball vs. Mason City, 4:45/6:15/7:45 p.m.
- VHS JV/V Boys Swimming at Dowling, 5:30 p.m.
- Stilwell Orchestra Winter Concert, 7:30 p.m.

Thursday, Dec. 11

- Science Bound Career Expo, 2:45-7 p.m., RHS Library.

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Have an **EVENT** coming up?

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CALENDAR |

- RHS Band Concert, 7 p.m., Auditorium.
- VHS/VSW Choir Concert, 6:30 p.m.
- VHS JV/V Bowling vs. Dowling, 3:45 p.m.
- VHS 8 Girls Basketball vs. Ankeny Centennial, 4:30 p.m.
- VHS JV/V Boys Swimming at Waukee, 5 p.m.
- VHS JV/V Wrestling Meet, 5:30 p.m.

Friday, Dec. 12

- RHS Paradigm Debate Tournament
- RHS 9/10/V Boys Basketball at Indianola, 4:45/6:15/7:45 p.m.
- RHS 9/JV/V Girls Basketball at Indianola, 4:45/6:15/7:45 p.m.
- VHS 9 Girls Basketball at Johnston, 4:30 p.m.
- VHS 9/10/V Boys Basketball vs. Urbandale, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball vs. Urbandale, 4:45/6:15 p.m.

Saturday, Dec. 13

- RHS Paradigm Debate Tournament
- ACT Test Date
- RHS JV Wrestling at DM East, 9 a.m.
- RHS V Wrestling at Johnston, 10 a.m.
- VHS JV Wrestling at DM East, 9 a.m.
- VHS V Wrestling at Johnston, 10 a.m.
- VHS V Boys Swimming at Marshalltown, noon.
- VHS 9/10/V Boys Basketball vs. Waterloo East, 1/2:30 p.m.

Monday, Dec. 15

- City Council Meeting, 6 p.m.
- RHS Riders Club Meeting, 6:30 p.m.
- RHS JV Wrestling at Knoxville,

- 5 p.m.
- VHS 8 Girls Basketball Game, 4 p.m.
- VHS 8 Wrestling Meet, 4:30 p.m.
- VHS 9/JV/V Girls Basketball vs. Ankeny Centennial, 4:45/6:15 p.m.
- VHS 9/10/V Boys Basketball vs. Ankeny Centennial, 4:45/6:15/7:45 p.m.

Tuesday, Dec. 16

- RHS 9/JV/V Girls Basketball vs. DM East, 4:45/6:15/7:45 p.m.
- RHS 9/10/V Boys Basketball vs. DM East, 4:45/6:15/7:45 p.m.

Wednesday, Dec. 17

- RHS Early Dismissal
- RHS Rider Crew Holiday Social, noon.

Thursday, Dec. 18

- RHS Vocal Music Concert, 7 p.m.
- RHS JV/V Boys Swimming at Ottumwa, 5:30 p.m.
- RHS JV/V Wrestling vs. Ottumwa, 6:30/7:30 p.m.
- VHS 8 Girls Basketball vs. DCG, 4:30 p.m.
- VHS JV/V Boys Swimming at Fort Dodge, 5:30 p.m.
- VHS JV/V Wrestling at Ankeny, 6:30/7:30 p.m.
- Stilwell 8th Grade Vocal Concert, 7 p.m.

Friday, Dec. 19

- RHS 9/10/V Boys Basketball at DM North, 4:45/6:15/7:45 p.m.
- RHS JV/V Girls Basketball at DM North, 4:45/6:15 p.m.
- VHS V Wrestling at Waterloo West, TBD.
- VHS 9/10/V Boys Basketball at Johnston, 4:45/6:15/7:45 p.m.
- VHS 9/JV/V Girls Basketball at Johnston, 4:45/6:15/7:45 p.m.

OUT AND ABOUT |



Cate Wilson and Steve Peterson at the ribbon cutting for The Ridgemoor in Windsor Heights on Oct. 22.



Leng Vong Reiff and Faith Dorn at the ribbon cutting for The Ridgemoor in Windsor Heights on Oct. 22.



Dory Stephens and Ashley Wright at the ribbon cutting for The Ridgemoor in Windsor Heights on Oct. 22.



A ribbon cutting and celebration of 25 years in business were held for Sherwood Forest Chiropractic in Windsor Heights on Oct. 29.

Prepare ahead for long-term care costs



November is Long-Term Care Awareness Month, a month dedicated to educating the public about the need to prepare for the potentially devastating costs of long-term care.

Just how expensive is long-term care? The average cost for a private room in a nursing home is more than \$87,000 per year, according to the 2014 Cost of Care Survey produced by Genworth, a financial-services company.

The average cost of an assisted living facility, which provides a level of care that is not as extensive as that offered by a nursing home, is \$42,000 per year, according to the same Genworth study. All long-term care costs have risen steadily over the past several years, with no indication that they will level off.

Many people believe that Medicare will pay these costs, but that's just not the case. Typically, Medicare only covers a small percentage of long-term care expenses. If you are fortunate, you may go through life without ever needing to enter a nursing home or an assisted living facility. Given the costs involved, can you afford to jeopardize your financial independence or, even worse, impose a potential burden on your grown children?

To prevent these events, you will need to create a strategy to pay for long-term care expenses. You have two options: You could self-insure or you could "transfer the risk" to an insurer.

If you were going to self-insure, you would need to set

aside a considerable sum of money. You would likely need to invest a reasonably high percentage of this money in growth-oriented investments.

You could transfer the risk of paying for long-term care to an insurance company. Many plans are available these days, so to find the choice that is appropriate for your needs, you will want to consult with a professional financial advisor. Here's a word of caution, though: The premiums for this type of protection rise pretty rapidly as you get older, so if you are considering adding this coverage, you may be better off by acting sooner, rather than later.

None of us can know with certainty what the future holds for us. Ideally, you will always remain in good shape, both mentally and physically, with the ability to take care of yourself. Take the lessons of Long-Term Care Awareness Month to heart and start preparing yourself for every scenario. ■

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



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Being asked a few questions should be the beginning of the life insurance process, not the end of it. At Edward Jones, we meet with you face to face, so we can get to know you and your entire financial picture. That way, we can help find the life insurance policy that best suits your family's unique needs. Because the more we know about what's important in your life, the better we can help you take care of it.

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Matt Kneifl, CFP®, AAMS®
Financial Advisor

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Register NOW for Holiday Fun!

Cookies for Santa - Dec 6

Ages 3-8 are invited to decorate cookies and take them home to share!

Holiday Good Time Gang - Dec 8 or 9

Mom can have some extra Holiday shopping time while your child enjoys crafts, games, songs and baking cookies. Ages 2-5

Flashlight Candy Cane Hunt - Dec 12

Ages 10 and under should bring a bag and flashlight to search for candy canes. Enjoy hot cider and cocoa and a picture with Santa!

Brunch with Santa - Dec 13

Santa is taking a break and invites all ages 2-7 for donuts, juice, crafts, songs and more.

Register for these events by
December 1 at
UrbandaleParksandRec.org
515-278-3963

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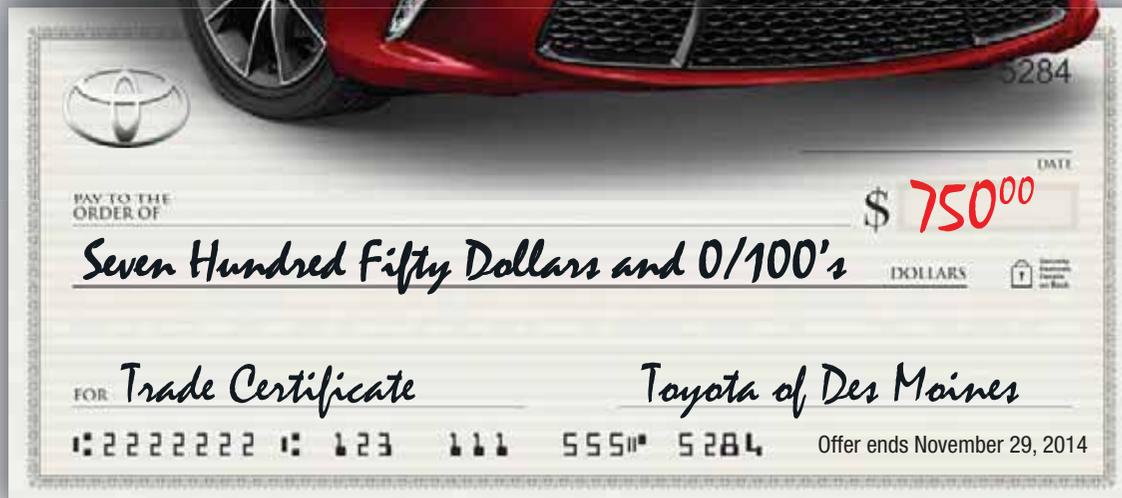
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Cold weather automotive advice

Save money and stay safe

By Matt Cale, State Farm agent

Now is the time to change your wiper blades and prepare your vehicles for unpredictable driving conditions.

With the weather getting colder now is a perfect time to change your wiper blades. Also perform quick safety checks to increase safety during inclement weather, especially during the approaching winter months.

Clear visibility through the use of effective wiper blades and a windshield treatment while driving can improve reaction times by up to a full second in poor weather conditions. When traveling at 60 mph, a full second can equate to 100 feet and may be the difference in avoiding a potential accident.

Here are several tips to stay safe amid the rain, snow, slush, and ice:

- **Walk around your vehicle before entering.** Check to be sure the lights are clear of ice and snow, make sure license plates are visible and any packed snow is removed from the area around the tires.

- **Check your antifreeze, windshield washer fluid and wiper blades regularly.**

- **Ensure that your tires are properly inflated.** Check tire pressure once a month and make sure the tires have sufficient tread. Keeping your tires properly inflated prevents blow outs and maintains better fuel economy.

- **As the temperature drops keep your gas tank at least half full.** The extra gas helps reduce condensation that can plug your fuel line with ice and stall your engine in cooler



weather. This also provides extra weight in your vehicle that can help keep you from sliding.

- **Create an emergency pack** of items such as a blanket, a first aid kit, snacks, bottled water, an ice scraper, a flashlight, and a bag of cat box filler. Keep this in your vehicle, as these items can be critical during roadside emergencies in heavy rain or snow storms. (See the October issue of Windsor Heights Living for assembling an emergency car kit).

- **Make sure your vehicle is completely up to date on regular scheduled maintenance.** This will help avoid costly repairs, reduce CO2 emissions and maintain optimum fuel economy.

In addition to the tips above, drivers should adjust their driving habits in inclement weather. Drivers should slow down when the roadways are wet, leave extra distance between your vehicle and the one in front of you, and be sure to use directional signals when changing lanes to indicate your intentions. Utilizing these quick and easy safety tips can help keep everyone safer on the roads. ■

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

WH Foundation sponsors annual lighting contest

The Windsor Heights Foundation is pleased to announce the annual holiday lighting contest. The Foundation has divided the city into six zones, and will award a \$50 prize to the winner in each zone. The Foundation will award an additional \$50 for the "Best of the Best." The contest winners will receive a lighted sign to place in their yard. The Foundation also appreciates the businesses that decorate for the holidays.

Judging will take place between 6:30 and 9 p.m. from Tuesday, Dec. 4 through Tuesday, Dec. 11. The Foundation asks residents to have their decorations in place and lit during this time.

The Foundation has selected these criteria for judging the displays:

- Consistent theme.
- Balanced design; not cluttered or overdone.
- Creativity in design.
- Originality, including "hand-crafted" elements.
- Minimum use of "plastic."
- Display looks good by day as well as by night.

Last year's contest winners were:

- District 1, 1809 79th St., Gregg and Karol Mauk
- District 2, 7023 Bellaire, In Bo and Won Hee Jung
- District 3, 6771 College, Chris Wenson
- District 4, 1440 64th, Andy Bearbower
- District 5, 1400 73rd, Brad and Brita Meyer
- District 6, 1026 69th, Brook and Nick Roberson
- Best of the Best, 1440 64th, Andy Bearbower ■

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Meet Joe Grandanette

P.E. instructor teaches physical and social skills

By Rainey Cook

Having been at Windsor Elementary for 27 years, Joe Grandanette appreciates the time-honored tradition that Windsor has on its side. This school was originally built with a separate auditorium, cafeteria and gymnasium. There was no intent to share rooms.

"This school was mapped out the right way," Grandanette says. "And not many schools have a separate auditorium."

However, what Grandanette loves best about his position as physical education teacher are the students. In his class they develop physical and social skills. His P.E. calendar for the school year is lengthy and impressive.

Grandanette just finished a unit on soccer. Now, inside for the winter, the P.E. calendar does not slow down. His students are studying the long jump rope and learning to jump rope the right way. Once they get it down, they will learn how to maneuver the long jump rope with two, three, four, five and six partners.

Next up is volleyball, basketball, tumbling on mats and tinkling. Not as widely taught anymore, tinkling involves two people tapping and sliding bamboo poles on the ground in coordination with one or more dancers who step over and in between the poles.

"My students enjoy tinkling," Grandanette says. "I play music from the '50s, '60s and '70s so they can actually hear a beat to



Joe Grandanette teaches physical education at Windsor Elementary. Photos by Rainey Cook.

jump to. And again, once they get it down, they love it."

He also enjoys playing his 45's on a record player, which most of his students have never seen before.

Grandanette feels the sports he chooses to teach and his emphasis on teaching skill also provide an avenue to teamwork and sportsmanship.

"It's OK to lose a soccer game in P.E.," Grandanette says.

Another sport the kids look forward to is Windsor's spring track meet. Everyone is outside again, and the best part is they compete for ribbons.

When he's not in school, Grandanette spends time with his wife, Ting and 18-month-old daughter, Rosina. ■

What do you like best about your teacher?



Ehwah Wah:
"He does tinkling, and it's fun. He also lets us play soccer, and we have a place for kickball."



Callie Hazel:
"He's very funny. He makes gym class really fun."



Liberty Cawthorn:
"I like when he lets us play dodgeball and crab soccer. He tells lots of life stories."



Homeowner Marty Angier and son, Chris, in her dining room that is traditional with clean lines. Photos by Rainey Cook.

Cozy corner home

50 years of loving her Windsor Heights home

By Rainey Cook

The year was 1951. The builder was Les Troutman. The street was, and still is, Del Matro. As Windsor Heights history lovers recall, Troutman named the street after his mother, Della Mae Troutman. Homeowner Marty Angier recalls that bit of information fondly, too.

Having lived at the corner of 64th Street and Del Matro since 1964, Angier still loves the location and all it has to offer her. The state-ly evergreen and the red and silver maples provide a perfect home for the wrens, cardinals, chickadees and hummingbirds. The location and its big yard showcase the brown brick house as a cozy, yet enduring home on the corner.

That is exactly what Angier likes best about her home — the coziness of it. With its wood burning fireplace it sets itself well, she says.

With its three bedrooms and 1.5 baths, it's been a great place to raise a family. The home stood the test of time. And with time come lots of updates. Angier has had a new roof, new steel siding, central air and a new furnace added.

For the softer side of maintenance Angier's family members

come home to help plant seasonal flowers.

The inside of the home is just as cozy as the outside. Angier has tasteful décor and furniture to fit the style and era of the home. The kitchen cabinets are painted a matte medium green and are perfect for the smaller galley-style kitchen.

"I really do love my kitchen," Angier says.

The rooms in the traditional home are smaller with clean lines. Her dining room table is the perfect place to host bridge groups, serve desserts and hold dinners for family birthdays.

Directly across the dining room is the formally decorated living room with fireplace. The windows on the front of the house shine great natural light into the two rooms.

"There has always been a close relationship among the Windsor Heights neighborhood creating lasting friendships," Angier says.

Angier's love for Windsor Heights is strong. In her spare time she volunteers for various committees for the beautification of Windsor Heights. She also shares her time with her church and Living History Farms. ■

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 |

Giving thanks can boost your health

Cultivate an “attitude of gratitude”

By Susan Ray, executive director, The Reserve

In the United States, Thanksgiving Day is a holiday celebrated on the fourth Thursday in November. It became an official federal holiday in 1863. The idea of setting aside time to give thanks for one’s blessings is almost as old as the North American continent itself.

In the early days, Thanksgiving Day was a celebration of the bountiful harvest and giving thanks for the reward of their labor in the fields. Although as Americans gather for Thanksgiving Day now, things are considerably different as we feast, watch Thanksgiving parades, play football and visit with family, the tradition of coming around a table to give thanks remains a common thread.

Did you know that being in a routine of giving thanks has health benefits?

Studies have shown that people who regularly practice being thankful may reap health benefits. Robert Emmons, a psychology professor at the University of California at Davis, has been a leading researcher in this growing field termed “positive psychology.” His research has found that those who adopt an “attitude of gratitude” as a state of mind experience many health benefits.

Emmons’ findings, along with other researchers, suggest that people who take time routinely to be thankful may be more likely to:

- Take better care of themselves physically and mentally.
- Engage in more protective health behaviors and maintenance.
- Get more regular exercise.



- Eat a healthier diet.
- Feel happier and more optimistic.

Throughout the last several issues, I’ve written about a number of choices that you may make to improve your overall health. Some of those choices include making a commitment to regular physical exercise. We all need to keep moving. Walking is a great way to get started with a regular routine of exercise. Having a friend or neighbor who is willing to walk with you regularly will add to the enjoyment. It’s not too late to get started with exercising.

I’ve encouraged you all to consider mental exercise as well. As we have to physically exercise our body, we need to exercise our brain to keep sharp. There are lots of ways to keep your mind sharp. Just a few basics are staying active, remaining social and staying curious about things.

And today I’ve introduced yet one more way to help you maintain good health through an “attitude of gratitude.” Not just on Thanksgiving Day; rather, regularly take time to pause and give thanks — you’ll be glad you did. ■

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

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Stained glass

Colorful windows illustrate Bible stories

By Chris Kelley

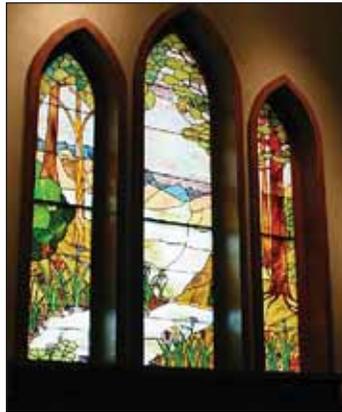
There are many ways to express love for the Holy Spirit. Perhaps the most popular way to praise is through worship. Others may enjoy sharing their love for Christ by way of singing, dancing, painting or writing. Another creative form of expression you are sure to see at Windsor Presbyterian Church? It's hard to miss the stained glass.

Stained glass is glass that has been colored through a process of adding metallic salts during its manufacture. The next step in the process involves crafting the colored glass into windows. By taking small pieces of different colored glass, the craftsman can form patterns, pictures and other creations and fuse them together with a lead and a frame. Historians believe the process of glass staining began during ancient Egypt. Monasteries and churches caught onto the idea in the Middle Ages, with monks crafting pictures of Bible stories to help the illiterate comprehend the Good Book.

Windsor Presbyterian Church

6301 University Ave.
515-277-8379
<http://windsorpc.org>
Sunday service: 10:30 a.m.

Dedicated on Sunday, Nov. 23, 1980, the stained glass of Windsor Presbyterian is celebrating 34 years with the church. The windows themselves were designed and made by Superior Art Glass Company, located in Des Moines. However, the creative minds behind the pieces were Marty Dryer and Ed Hadley. Hadley hoped the beautiful murals would bring glory to God and



The front set of windows at Windsor Presbyterian Church are inspired by the 23rd Psalm.

inspire the congregation — and inspire they have.

Those who visit Windsor Presbyterian are surrounded by the colorful murals, each with a different story behind them. Following the tradition of storytelling, each work of art is inspired by specific verses of the Bible. From Genesis to Acts, the stained glass tells an important story meant to build faith and inspire Christians.

One scene that stands out at Windsor Presbyterian is the front set of windows: a trio of stained glass inspired by the Tiffany window, an important part of the Second Presbyterian Church in Chicago. The pastoral scene focuses on a particular passage, the 23rd Psalm. The beautiful scenery depicted in the stained glass reflects the words of the scripture and reminds all who attend that through worship they can find peace in Christ.

"The Lord is my shepherd, I shall not want;

He makes me lie down in green pastures.

He leads me beside still waters; he restores my soul." ■



Salted caramel musicians' tarts

Easy treat to keep on hand for holiday guests

By Kris Ellis Tracy

I devised this recipe years ago when I was cooking for an enormous dinner party. We needed a dessert that was delicious and special, but not too much fuss. This is perfect to have on hand for drop-in guests and spur-of-the-moment dinners that tend to happen at the holidays. These tarts are easy to serve and can be made several days ahead of time. Keep some in a covered tin to serve with tea or coffee. Your guests will be delighted. ■

Salted caramel musicians' tarts

Crust

1½ sticks butter at room temperature
¼ cup powdered sugar
¼ teaspoon salt (omit if you are using salted butter)
1½ tablespoons sugar
1½ cups flour

Whip the butter and powdered sugar with the salt and sugar. Make sure that the mixture is well combined and fluffy.

Sift the flour over the butter mixture and mix until combined. Put the resulting mixture into a plastic bag or covered container in the refrigerator for 2 hours or overnight.

Filling

8 ounces mixed roasted nuts
11.5-ounce jar caramel ice cream topping*
Pour the nuts into a colander and shake over the sink to remove some of the salt. Mix together the nuts and caramel. Set aside in a covered container.

To bake:

Line a cupcake pan with festive papers. Scoop walnut sized balls of the crust mixture into each well. With your thumb, push down into each scoop of crust mixture and shape it into a crust that covers the bottom of each cupcake well. Bake at 300 degrees for 10-12 minutes until the crust is just set but not browned. Cool completely.

Spoon the filling into each crust to make the tarts.

* If you like, substitute ½ bag of caramels melted with 1 can of evaporated milk. Cool. (You may have more caramel this way.) Use 1½ cups of caramel for each 8 ounces of nuts.

If you have diners who are allergic to nuts, you can use any type of diced dried fruit with the jam of your choice. Apricot or apple jelly work well. Just warm the jam to make mixing the fruit into it easier. There should be just enough jam to moisten the fruit. ■

Pinit!



Selecting an executor

Choose someone you trust to handle your wishes

By Ross Barnett, attorney, Abendroth and Russell Law Firm

One of the more important decisions you must make when writing your will is the selection of an executor. The executor is responsible for administering your will and ensuring that your assets are distributed according to your wishes. Ideally, an executor should combine the tact of a diplomat with the administrative skills of an executive.

If you die without a will (intestate), the court will appoint an administrator to perform the executor's duties. When no relative or beneficiary is able to take the job, the appointee could be a civil servant or even a creditor.

Almost any person you trust can be your executor. For most people, the best choice is a spouse or a child. Large estates may require two executors — a personal representative to interpret your wishes and a professional representative or institution, such as a bank, to make business or financial management decisions, pay taxes and keep records. The person should also be close enough to you and your family to do as you would wish, yet be able to act without being swayed by emotions if conflict arises between family members.

An executor's job is to "wrap up" your financial affairs. The executor must identify and determine the value of the assets that are part of your estate. It may be necessary to liquidate assets or sell real estate in order to carry out your wishes. During this time, the executor may have to pay ongoing bills (such as



mortgage payments or utilities) in order to preserve the assets. An executor is also responsible for paying all your remaining debts, filing your final personal tax returns and distributing whatever remains to your heirs. Throughout this process, careful records must be kept. Most probate courts will demand a full and detailed accounting of all money received, spent or held by your estate. Throughout the process, the executor must keep the heirs and family members informed of the status of the estate.

When choosing an executor, objectivity is essential in order to make the proper decision. Be sure whomever you select is willing to accept the responsibility. In addition, it is also wise to choose an alternate executor to serve in the event your initial executor is unable to do so. If you have not yet selected your executor, consider choosing one now to eliminate any potential complications in the event of an untimely death. ■

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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Advice for seniors: get a flu shot

By Clint Rogers, Comfort Keepers

As with any medical treatment and prevention, your doctor is the only one who should advise you or your loved one to obtain a flu shot. However, information from both the Centers for Disease Control and Prevention (CDC) and the U.S. Food and Drug Administration (FDA) indicate the best way to prevent the flu and stop it from spreading is a flu shot, especially for senior adults. This is because the flu can be especially dangerous to seniors older than 65.

Q: What is influenza and why is it more dangerous for seniors?

A: Influenza, aka the flu, is caused by a virus. More specifically, influenza is a respiratory infection.

While most people recover in one to two weeks from the flu, for others it develops into a serious lung infection. This type of flu complication can result in hospitalization, and also lead to pneumonia, bronchitis and other infections. At worst, the flu can cause death, and is the fourth leading cause of death among seniors 65 and older.

Q: What is a flu shot, and when should I get it?

A: As with any vaccine, a flu shot contains a weakened or killed part of the germ that causes the illness. Because this germ is so weak, it helps your body develop antibodies, which are substances that boost your immune systems. Because it takes a bit of time

before your body is fully ready to fight off the flu virus, most medical experts recommend you get a flu shot in November. In general the "flu season" begins in December and can last until the spring. Always remember, talk to your doctor first to let them know you plan to get vaccination and where.

Some basic ways to prevent the virus is to wash your hands carefully and often, avoid touching your eyes, and stay inside and away from others if you don't feel well.

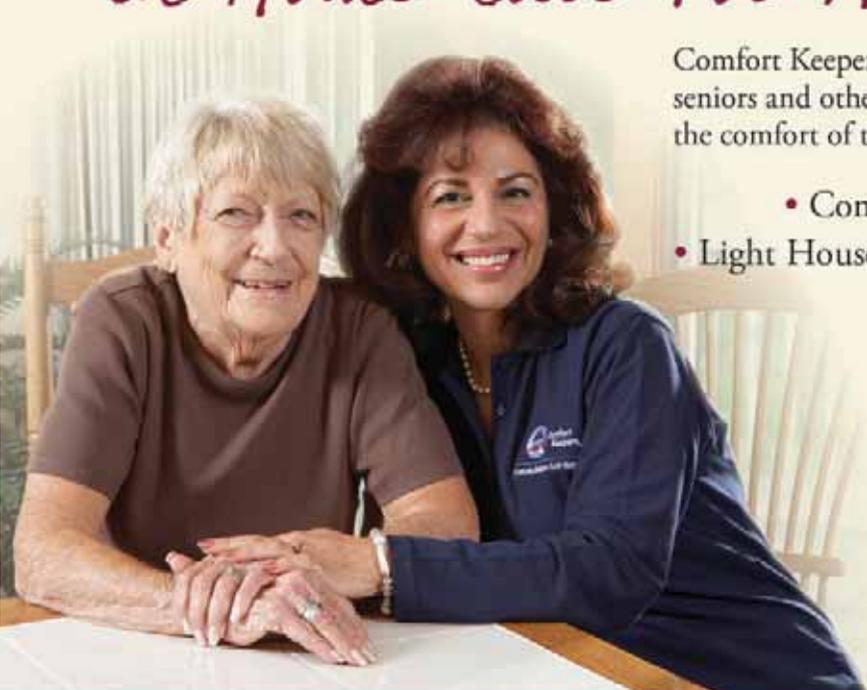
Your doctor may prescribe anti-viral drugs for you or your loved that can be beneficial within 48 hours of the onset of the flu. However, some physicians and other medical professionals advise against the elderly using these prescriptions.

The common symptoms of the minor flu are muscle aches, dry cough, sore throat and a runny or stuffy nose. If you suspect your loved one's symptoms have grown worse in one or two days, always call the doctor. Here are some signs that indicate the flu has reached a severity that requires hospitalization or additional treatment: shaking chills, pain in the chest or abdomen, or shortness of breath, confusion and abrupt dizziness, high-fever or sweating, diarrhea or coughing up phlegm that is yellow, green or white.

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

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Giving thanks

Think locally as the holidays approach

By Michael Libbie, Windsor Heights Chamber board member

Thanksgiving — it's one of the most treasured of American holidays; perhaps because it cuts across all faiths, political affiliations and demographics. It's a day set aside for being grateful in a very public way.

What is astounding is how commercial we've made the holiday. No longer is it news when a retail outlet announces it is open on Thanksgiving. But it's now news when a business is closed to allow employees to have time with their families. While we're all about the business of business, we can also appreciate taking some time out to be grateful and be with family.

By the way, on Thanksgiving turkey remains the meal of choice with more than 42 million of them served up. Turkey is also a Christmas dish, but with only 22 million served. Gobble, gobble!

Holiday shopping

The National Retail Federation (NRF) says shopping in November and December of this year will total \$616.9 billion. That's up by 4.1 percent over 2013. If it holds true, it's the first holiday sales increase of more than 4 percent since 2011. Meanwhile, online sales are expected to increase by 8-11 percent this year to a total of \$105 billion. And hiring? The NRF forecasts seasonal hiring to hit 725,000 to 800,000 jobs. It's a great time to pick up some additional income. With local jobless numbers low, retail centers may be paying more.

The challenge

So, how about you? Will you spend your holiday shopping online or locally? The National Retail Federation says the average spent, per person, this year will be about \$804. How much of your spending will you do with local



Windsor Heights businesses? Us? We're going to keep track and try to improve our local spending in 2014. Join us!

Coming up in Windsor Heights

The Chamber will hold its annual meeting from 5-7 p.m. on Wednesday, Dec. 3. We'll be bidding a fond farewell to Brooke Wade and Matt Cale, who have served on the board for years. All members of the Windsor Heights Chamber are welcome to attend the event at Banker's Trust on University.

The Greater Des Moines Partnership will hold a Legislative Luncheon on Wednesday, Dec. 3 from 11:30 a.m. - 1 p.m. at the Renaissance Savery Hotel, 401 Locust St., Des Moines. Members and non-members are invited. To register for the event, go to www.DesMoinesMetro.com.

Connect with us

Our goals are simple: Promote living, working and doing business in Windsor Heights. We'd love to connect with you. On Facebook, it is Windsor Heights Chamber. On Twitter, it's @WHChmbr. Feel free to visit our website, www.WindsorHeightsChamber.com

Thanks for reading, and have a wonderful Thanksgiving. ■



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With snowshoes in hand, Steve Cannon is ready for winter. Photo by David Mable.

Bring on the cold

Cannon puts on snowshoes when ground is white

By David Mable

While most of us are cursing the cold, Steve Cannon is nothing but excited.

"Bring on the cold. Bring on the snow," says Cannon. "I love it. I can't get enough of winter."

Cannon, who is an avid runner and has run around Lake Michigan and across Iowa, enjoys putting on his snowshoes when the ground is covered in white.

"These are one of the best workouts you can do," he says. "You'll really work up a sweat with these things on."

Cannon has been snowshoeing since discovering the sport more than 10 years ago.

"Someone suggested I give it a try," says Cannon. "So I rented a pair from Active Endeavors and took a hike through Waterworks Park. I've been hooked ever since."

Cannon so enjoys the sport he can't help but try to introduce others to it. He hosted a snowshoe race in Cumming four years ago and one at Waveland Golf Course each year since, when conditions permit.

"Waveland is a great place to snowshoe, but there has to be enough snow," says Cannon. "Five or six inches is great. Waveland's got hills, woods and open space. Everything you want, and right in

town."

This winter Cannon is hosting three races for snowshoes and skis, as well as winter fat bikes (bikes with extra wide tires). On Jan. 31, he plans to offer a high school snowshoe race at Waveland for area high school runners. Atlas, a snowshoe manufacturer, has offered to supply the snowshoes for the event.

"It would be great to get a bunch of high school kids out here to discover the fun of snowshoes," says Cannon. "We'll make it the High School State Snowshoe Championships."

Cannon's passion for the sport and desire to introduce people to it has led him to create a weekly, free snowshoe event each Tuesday at Mulletts near downtown.

"When there's snow on the ground, we meet at Mulletts at 5:30 and start running laps," he said. "I've already got a course staked out. I've done this for a few years, and it's just a fun way to get a great workout, and maybe enjoy a hot drink afterwards."

Cannon's snowshoes may be buried under all of his bikes, running gear and other equipment all summer, but when the snow flies, they make it to the top of the pile. ■

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



Don Steele, Ned Miller, Diana Willits and Jerry Sullivan at the ribbon cutting of the new city hall in Windsor Heights on Oct. 7.



Sheena Danzer, Marcia Woodke, Danielle Hockenberry and Brett Klein at the ribbon cutting of the new city hall in Windsor Heights on Oct. 7.



Steve Peterson presenting the first piece of artwork for the new city hall in Windsor Heights on Oct. 7.



A ribbon cutting was held for The Ridgemont in Windsor Heights on Oct. 22.

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