

Windsor Heights
Living
magazine

january 2015

50324

TEEN
tips

**RAISING TODAY'S
TEENAGERS IN
WINDSOR HEIGHTS**

**BEAR'S BAR
GARAGE**

**PARMESAN CHICKEN BAKE
RECIPE**

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TAKE THE CHALLENGE
INSPIRE 2015
 GET HEALTHY. GROW STRONG. LIVE WELL.

COMING IN THE NEW YEAR!

JANUARY
16-17



CONFERENCE
 HEALTH FAIR
 CHALLENGE

An Invitation To Be Inspired

More than likely, you're currently enjoying the remaining days of the 2014 Christmas season. As you close out 2014, I hope you're able to look back with satisfaction at a year filled with gracious blessings, faith-building challenges, and spiritual and personal growth.

It's possible that amidst the accomplishments of the past year, you also harbor feelings of angst or regret over unfulfilled goals or missed opportunities. Wherever you find yourself, each new year brings with it a certain optimism that we can change, grow, and experience significant improvement in our relationships, our vocational and spiritual pursuits, and our physical bodies. First Federated Church, where I'm grateful to serve, remains available to minister to you and your family in any way we can in the year ahead.

As I've engaged with Beavertdale residents, I've found that issues involving health, fitness and nutrition attract a lot of your attention. Many recognize that we live in a culture that increasingly produces two opposing lifestyle alternatives: the extraordinary pursuit of all things health and fitness related...or the gravitational slide toward sedentary lives of consumption. God has entrusted each of us with a significant responsibility to maintain our bodies, as the purposes He has for each of us are only able to be accomplished when we are alive and healthy. Perhaps the new year will provoke you to take stock of your own physical situation and consider what changes might need to be made.

To help you in this endeavor, First Federated is planning several events to be held on January 16-17, 2015. INSPIRE2015 is a weekend of opportunities to learn, engage, experience and compete. At the Friday evening and Saturday

morning conference you will have the opportunity to hear from double Olympian (and former neighborhood resident) Lolo Jones, NY Times bestselling fitness author and former Muscle and Fitness writer Jimmy Peña, and Des Moines University President Dr. Angela Franklin in addition to nearly 20 other health, fitness and nutrition experts. On Saturday, January 17, we will also be hosting a free health fair on our campus. For those who would like to compete in a holistic fitness challenge, we have partnered with the Wellmark Downtown YMCA and the Walnut Creek YMCA to host Elite and Novice fitness competitions the same day. For non-competitors, we will offer a health screening at the YMCA Healthy Living Center in Clive.

This inaugural INSPIRE2015 weekend will conclude at our morning services on Sunday, January 18, when several of the conference speakers will address the topic "Fit For Life" at our 3 morning services.

Your health has an oversized impact on your quality of life, your productivity, and your spiritual vitality. I hope that you can join us as we explore a balanced and biblically-informed approach to health and fitness at our INSPIRE2015 events. You can find out more about all the events and register at www.inspirehealth15.com I can't think of a more positive way to start a new year!

David Bush is the Pastor of Worship Ministries at First Federated Church and the author of the new book Fit For The King: Your Health and God's Purpose For Your Life.



inspirehealth15.com

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WELCOME

Trial by fire

My wife and I have the privilege of raising three daughters who will turn 17, 15 and 13 in a matter of months. Yes, that's three teenagers. And, yes, I am outnumbered. Even so, I enjoy every minute of it. OK, most every minute.

Each year has brought new challenges, from cell phones, to social media, to boyfriends, to cars.



Like most parents, my wife and I have learned how to raise our kids in a trial by fire method. Sure, we received lots of parenting advice from others, but we had to learn on our own — and we have been far from perfect.

One of our first mistakes was in thinking our two oldest daughters could share a cell phone. That didn't work so well. Little did we realize that they would use two minutes of voice calls each month and 5,000 text messages. Each seemed to have a problem with the other viewing her texts. Duh.

Then there was social media. After years of using Facebook, my wife and I both decided to simplify our lives and delete our accounts, freeing us from the hourly meal choice updates from our friends and family. We told our kids that they were not allowed to have Facebook accounts, either. They obliged and then quickly opened Twitter and Instagram accounts. As a result, we had to get back into the social media world to keep an eye on things.

In terms of boyfriends, I have become a bit more accepting — but it hasn't been easy. My daughters tell me that some of the boys are scared of me, and they have good reason to be.

And then there's the car. It's only metal and rubber, I know, but there's a lot of danger in those four wheels. In fact, the car doesn't even have to operate at high speed or even make its way out of the garage. I learned this firsthand when one of the girls backed over the snowblower that I parked behind the car. And then, just a few weeks later, the garage door seemed to get in the way of that same vehicle. Ever seen a garage door dangle from only a few wheels on the track? It wasn't pretty.

If these are the greatest challenges I have raising teenagers, then I know I will be a very fortunate father. The truth is that I am still learning how to be a dad, and this month's cover story provided me with even more valuable lessons. I hope you enjoy it as much as I did.

Happy parenting, and thanks for reading. ■

Shane Goodman
Publisher



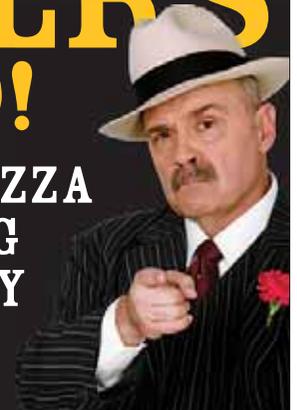
Darren Tromblay
Editor
515-953-4822 ext. 304
darren@dmcityview.com

Kaylynn Coleman
Advertising
aaaa
kaylynn@iowalivingmagazines.com

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Sara Kottra, Elyse Hall and Allison Koch enjoy a Saturday evening meeting of the Parent-Teen-Ministry group at Walnut Creek Church in Windsor Heights. Photo by Courtney Keiser.

By Courtney Keiser

Pastor Mike Bourland of Windsor Heights' Walnut Creek Church typically offers three pieces of advice on raising teenagers.

He urges parents to spend quality time with their children, because in return the teens will feel more comfortable talking to parents about their problems. Knowing their

friends is also critical, because these friends will have a tremendous influence on the teen's life. Lastly, offer praise, encouragement and support.

"All children, especially teenagers, need to know that their parents are proud of them," he explains. "It is too easy to criticize and let them know everything they could do

better."

Bourland is a valuable resource in parenting, both as a pastor and a friend. He and his wife, Dawn, have seven children. Two have entered the adult working world and two are in college. Three still live at home: Matt, 16; Rebekah, 14; and Naomi, 12.

Walnut Creek Church implemented a



The Bourland children — Naomi, Matt and Rebekah — participate in PTM and are striving to be leaders and stand firm for what they believe in. Photo courtesy of Mike Bourland.

Parent-Teen-Ministry (PTM) program in 2008, something Bourland feels is significant in fostering teen-parent relationships. The program encourages mothers and fathers to witness an environment where their teens make friends while receiving support and reassurance of their own from other parents.

The PTM group meets at 6 p.m. every Saturday at the church. A light meal is provided before transitioning to worship time. A teen band, testimonies from members, short message from a parent and activities round out the evening.

Teens are encouraged to invite friends to the group's special outreach events. A costume party, Christmas gathering, Valentine's dinner, service projects, mission trips and outings also occur throughout the year. The scheduled PTM meeting ends at 8 p.m., but teens will often stay and converse until 10 p.m.

The Bourland children participate in PTM and are striving to be leaders and stand firm for what they believe in.

"It's OK to lose cool points or have people think less of you for doing the right thing," Naomi

says.

Mike and Dawn make it a priority to maintain the lines of communication with their teens because they've seen firsthand the consequences of not doing so. In his work, Bourland has counseled teens from broken homes or teens succumbing to peer pressure and struggling to fit in.

"Many different views of life are being presented as legitimate," he explains. "This generation has so much media — including social — available to them that it can take away from the other important things in life and can prevent them from having good relationships."

But Mike and Dawn's family faces many of the same obstacles as most families with teens. Bourland says one of the greatest challenges the couple faced was learning to deal with uncaring attitudes, laziness and know-it-all behavior. As a man of faith, Bourland hopes his children develop convictions of their own, not just what they've been taught by him. And he wants them to make life choices that honor these convictions.

Dawn stresses that in their

home, privileges are contingent upon the level of responsibility shown. If their kids act irresponsibly, they don't hesitate to take luxuries away.

The Bourland children are given the freedom to set their own curfew and bedtime, within reason, and never after midnight. The more their teens demonstrate the ability to resist negative influences, the more freedom they are given to spend unsupervised time with their peers.

"Often teens are legitimately tired, but they still want to do things with friends that keeps them up late," Dawn says. "As long as we know where they are, who they are with, what they are doing, we give them that leeway — granted that they can get up when they need to for work, school and church and be able to function."

The Bourlands feel it's not only important to set boundaries outside of the home but also inside the home. Computer time is limited, chores are assigned and proper eating habits are encouraged.

Quality time is key for making sure everyone in the family stays connected. Making homemade pizza, and playing soccer, Frisbee, kickball and basketball are just a few of the activities the family enjoys as a group.

"It's also nice to go out for a meal to have one-on-one time together," Matt says.

Navigating the teen years, especially seven times, can be exhausting, but Bourland is always reminded why the parent-teen relationship is also highly rewarding.

"Watching them grow to become their own person and developing a friendship with them is priceless," he says. "We see the benefits of the hard work from the training we provided them when they were younger."

Learning together

Prior to 2008, Walnut Creek hosted a youth group where teens were dropped off at the church with little to no involvement from parents. Today, not every parent is able to get involved in PTM, but many do.



Jeff and Melanie Hall have five kids; three of them are teenagers who participate in the Parent-Teen-Ministry group. Photo by Courtney Keiser.

FEATURE |

Jeff and Melanie Hall have five kids. Three of them are teenagers who participate in the Parent-Teen-Ministry group: Elyse, 13; Bryce, 15; and Wes, 18.

According to Melanie, the group is a top priority for the family.

"In guiding their lives, we want to surround them with people that encourage them and their ideals," she says.

The Halls have a relaxed, live-and-learn approach when it comes to the usual teen distractions like social media. They encounter the usual tug and pull with balancing time spent on electronics, and they deal with those on a case-by-case basis.

"Kids are going to want to use social media, so it's important to have vigilance," Jeff explains. "Monitor it and use it as a teacher, because eventually your teens will be responsible adults."

Jeff's words of wisdom for other teen parents are simple.

"You always need a united front with your spouse," he says. "Also, don't make a big deal out of the little things. Try and focus on the positives."

Pete and Jeannie Kottra couldn't agree more. The couple has two of their four kids

(Andrew, 17 and Sara, 15) involved in the PTM group at Walnut Creek.

"We don't ever let the kids pit us against one another," Pete says. "We agree to disagree sometimes, but at our house it's not a democracy."

The idea behind their philosophy? The Kottras feel it has created fewer power struggles at home. Their daughter Sara isn't allowed to date just yet, and she's actually grateful for it.

"It's kinda nice not having to worry about that," she says.

Jeannie says this is something she and Pete have always agreed upon. They prefer their children wait to date until they are old enough to understand the mentality of courtship and are emotionally ready to handle a relationship.

The Kottras homeschooled each of their children until eighth grade. Pete acknowledges that homeschooling isn't the magic ticket for every family, but that it was best for theirs.

"Having them home allowed us to imprint the character qualities and values we wanted to instill in them," he explains.

Now that their teens are involved in everything the traditional school systems

have to offer, the Kottras try to remain mindful of the character their teens are exhibiting. Pete says that Andrew and Sara are by far the busiest kids in the family.

The heavy demands of the Kottra teens' schedules include band, jazz band and choir, to name a few.

"We want our children to stand out," Pete says. "But we don't place expectations on them. We just insist that they are working hard. We know their schedules, so it's important that we help them pace themselves."

The Kottras feel the insight they receive from other parents and teens during fellowship events is invaluable.

"I've developed great friendships," Sara says. "And I'm learning with these friends. It's great to experience going through the same thing with other teens."

This comradery between parents and teens is what makes the PTM program so successful. The group's mission is carried out weekly and many families are stronger because of it.

"I want my friends to know I'm always here to talk," Sara says. "No. 1, trust your parents and talk to them. But if you can't talk with them, I'm here to talk also." ■



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HOLIDAY LIGHTING CONTEST WINNERS ANNOUNCED

The Windsor Heights Foundation has selected the winners of 2014 Holiday Lighting Contest. The Foundation divided the city into six districts and selected the best display in each district. The Foundation members awarded a \$50 prize to each district winner, and an additional \$50 to the "Best of the Best" from among the district winners. Pictures of the winners can be found on the Foundation's new website www.windsorheightsfoundation.org. The 2014 winners are:

- Jim and Carol Langeness, 7609 Marilyn Drive (also best of the best)
- Dean and Sara Boots, 7044 Wilshire
- Christina Wadle, 6401 Washington
- Melanie Mann and Colin Erickson, 1308 64th
- Ryan and Mollie Mertens, 6803 Forest Ct.
- Michael Diehl and Margaret Brekke, 1034 66th

The Windsor Heights Foundation provided each contest winners a lighted recognition sign to place in their yard. The Windsor Heights Foundation members extend their appreciation to all the residents who decorated their homes for the holidays.

DART NEWS FOR JANUARY 2015

February Service Change

The next DART service change is effective Sunday, Feb. 22, 2015. For complete details on routes with changes please visit www.ridedart.com.

Tips for Winter Bus Riding

- DART advises residents to plan accordingly when using bus services during winter weather conditions.
- Check www.ridedart.com. Conditions can change quickly, and DART may be forced at times to detour or cancel service. Check detours before you head out and utilize MyDART Tools for real-time bus location information, both available at www.ridedart.com.
- Leave early. Heavy traffic and poor road conditions require operators to slow down for safe travel, causing delays in the schedule. If winter weather conditions are present, consider taking an earlier trip ensure on-time arrival at your destination.
- Be visible. Make yourself visible to an approaching bus by wearing light color or reflective clothing. It is also helpful to carry a small blinker light or flashlight, especially on dark winter mornings or evenings.

- Play it safe. Be visible when waiting for the bus and wait for the driver to make a complete stop before your approach. Melting snow and ice can make the bus floor slippery; for safety, please hold onto handrails and seat backs when walking on the bus. When exiting the bus be sure to move directly away from the door and do not walk along the bus.
- Dress warmly. Dress in layers to stay warm while walking to your stop and waiting for the bus. Don't forget to cover your head, neck and feet appropriately to keep in body heat and keep out moisture.

Coming Soon: Real-time bus location information available via text and phone

Riders will soon be able to get the real-time arrival/departure information for their buses via MyDART Text and MyDART Phone, both part of the growing suite of MyDART Tools. To get the next expected bus times for a particular stop, simply text your bus stop ID number and quickly receive a response via incoming MyDART text message. For more information, please visit www.ridedart.com or call DART Customer Service at 515-283-8100.

WINDSOR HEIGHTS OFFERS SUSTAINABLE LIVING SPRING EDUCATIONAL SERIES

This will be the fourth year for the Sustainable Living Spring Educational Series at the Windsor Heights Community and Events Center located in Colby Park at 6900 School Street, Windsor Heights, Iowa 50324. The City is excited about the variety of presentations lined up this year for its residents. Starting on Tuesday, February 24th and continuing on the fourth Tuesday of each month through May, we hope the information provided will assist homeowners in our efforts in becoming a greener community.

As always the educational presentations will be free of charge to attend and open to the public. Cookies and punch will be provided! The City would prefer for attendees to register for the event with Sheena Danzer at sdanzer@windsorheights.org or 515-645-6826. Walk-ins are also welcome. A notice will be posted on the City's website if the event would need to be cancelled or re-scheduled due to weather conditions.

Tuesday, February 24th – 7:00pm – 8:00pm – Community Gardening, Ray Meylor.

Ray Meylor works through Pheasants Forever and the Isaak Walton League to support an ever-growing local food system that includes faith gardens, school gardens, community gardens, communal gardens, CSAs, food coops, and possibly and urban farm in the near future. Ray works with his daughter, Sarah Meylor, to locate abandoned lots for use, tills gardens for free, finds garden tools, and teaches community members how to fix and use garden tools to be self-sufficient.

Tuesday, March 24th – 7:00pm – 8:00pm – Metro Waste Authority, Trish Radke.

Metro Waste Authority will educate residents on disposal of yard waste, recyclables and hazardous waste. Metro Waste Authority partners with the City of Windsor Heights to provide safe, smart disposal options for residents. A fun, interactive game will be used during the presentation.

Tuesday, April 28th – 7:00pm – 8:00pm – Make Your Own Rain Barrel, Darren Fife.

Darren Fife is a resident of Windsor Heights and a member of the Walnut Creek Watershed Coalition. Darren is an advocate for water conservation and will show homeowners how easy it can be to capture runoff and reuse just as he does at his own home.

Tuesday, May 26th – 7:00pm – 8:00pm – To Be Announced.

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

CALENDAR

Friday Jan. 16

- Friday Public Skate, noon - 11 p.m., Brenton Skating Plaza.
- VHS Basketball: 9/10/JV/V vs. SE Polk, 4:45/6:15/7:45 p.m.
- RHS Basketball: 9/10/JV/V vs. Hoover, 4:45/6:15/7:45 p.m.

Saturday Jan. 17

- Saturday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Wrestling: JV/V Invitational, 9 a.m.
- VHS Swimming: Varsity vs. Cedar Rapids, 12:30 p.m.

Sunday Jan. 18

- Sunday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- Broom Ball League, 6:30 p.m., Brenton Skating Plaza.

Monday Jan. 19

- Monday Public Skate, 12-9 p.m., Brenton Skating Plaza.
- VHS Basketball: 8/9th vs. Ankeny, 4:30/8:15 p.m.
- VHS Basketball: Boys JV vs. North, 7 p.m.
- RHS Basketball: 9/10/JV/V vs. SE Polk, 4:45/6:15/7:45 p.m.
- RHS Swimming: JV/V vs. Newton, 5:30 p.m.
- Heartland Youth Choir Auditions, Windsor Heights Lutheran Church.

Tuesday Jan. 20

- Hits 99.9 Student Skate, noon - 9 p.m., Brenton Skating Plaza.
- Heartland Youth Choir Auditions, Windsor Heights Lutheran Church.
- Preschool and kindergarten open house, Mount Olive, 10-11 a.m. and 6-7 p.m.
- Membership Luncheon: Danny Beyer - Networking and Beyond, 11:45 a.m., Chamber of Commerce.

Wednesday Jan. 21

- Wednesday Public Skate,

noon - 9 p.m. Brenton Skating Plaza.

Thursday Jan. 22

- Thursday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- Kiss FM Thursday Night, 5-9 p.m., Brenton Skating Plaza.
- VHS Swimming: JV/V vs. SE Polk, 5:30 p.m.
- VHS Wrestling: JV/V vs. Johnston, 6:30/7:30 p.m.
- VHS Basketball: 9/JV vs. Roosevelt, 7/8:15 p.m.
- RHS Bowling: JV/V vs. Waukee, 3:15 p.m.
- RHS Wrestling: JV/V vs. Indianola, newton, 5:30 p.m.
- RHS Basketball: 9/JV vs. Valley, 7/8:15 p.m.

Friday Jan. 23

- Friday Public Skate, 12-11 p.m., Brenton Skating Plaza.
- VHS Basketball: 9/10/JV/V vs. Johnston, 4:45/6:15/7:45 p.m.
- RHS Basketball: 9/10/JV/V vs. Indianola, 4:45/6:15/7:45 p.m.

Saturday Jan. 24

- Saturday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Wrestling: JV/V vs. Dowling, Urbandale, Marshalltown, 9/9:30 a.m.
- VHS Swimming: Varsity Invitational, 11 a.m.
- VHS Basketball: 9/JV/V vs. Iowa City West, 2/3:30 p.m.

Sunday Jan. 25

- Sunday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- Broom Ball League, 6:30 p.m., Brenton Skating Plaza.

Monday Jan. 26

- Monday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Bowling: JV/V vs. Lincoln, 3:45 p.m.
- VHS Basketball: 9/JV vs. Dowling,

7/8 p.m.

- RHS Basketball: 9/JV vs. Lincoln, 7/8:15 p.m.

Tuesday Jan. 27

- Hits 99.9 Student Skate, noon - 9 p.m., Brenton Skating Plaza.
- GDMP Annual Dinner, 5-9 p.m., Chamber of Commerce.
- VHS Basketball: 9/10/JV/V vs. Ames, 4:45/5/6:15/7:45 p.m.
- RHS Basketball: 9/10/JV/V vs. East, 4:45/6:15/7:45 p.m.
- RHS Swimming: JV/V vs. Boone, 6 p.m.
- RHS Wrestling: JV/V vs. Lincoln, 6:30/7:30 p.m.

Wednesday Jan. 28

- Wednesday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Bowling: JV Invitational, 1 p.m.

Thursday Jan. 29

- Thursday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- Kiss FM Thursday Night, 5-9 p.m., Brenton Skating Plaza.
- VHS Bowling: JV/V Meet vs. Urbandale, 3:45 p.m.
- RHS Bowling: JV/V vs. North, 3:15 p.m.

Friday Jan. 30

- Friday Public Skate, noon - 11 p.m., Brenton Skating Plaza.
- VHS Basketball: 9/10/JV/V vs. Dowling, 4:45/6:15/7:45 p.m.
- RHS Basketball: 9/10/JV/V vs. North, 4:45/6:15/7:45 p.m.

Saturday Jan. 31

- Saturday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Wrestling: JV Invitational, 9 a.m.
- VHS Basketball: JV vs. Waukee, 10 a.m.

Sunday Feb. 1

- Sunday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- Broom Ball League, 6:30 p.m., Brenton Skating Plaza.

Monday Feb. 2

- Monday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Bowling: JV/V vs. Lincoln, 3:45 p.m.
- VHS Basketball: 9/JV vs. Dowling, 7/8 p.m.
- RHS Basketball: 9/JV vs. Indianola, 7/8/8:15 p.m.

Tuesday Feb. 3

- Hits 99.9 Student Skate, noon - 9 p.m., Brenton Skating Plaza.
- Celebrate Windsor Heights, Annual Reception honoring Citizen of the Year and Outgoing Board Members, 6-8 p.m., Chamber of Commerce.
- VHS Basketball: 9/10/JV/V vs. Ankeny, 4:45/6:15/7:45 p.m.
- RHS Bowling: Varsity Invitational, 2 p.m.
- RHS Wrestling, JV/V vs. East, 6:30/7:30 p.m.

Wednesday Feb. 4

- Wednesday Public Skate, noon - 9 p.m., Brenton Skating Plaza.

Thursday Feb. 5

- Thursday Public Skate, noon - 9 p.m. Brenton Skating Plaza.
- Kiss FM Thursday Night, 5-9 p.m., Brenton Skating Plaza.
- VHS Wrestling: JV/V vs. Urbandale, 6:30/7:30 p.m.

Friday Feb. 6

- Friday Public Skate, noon - 11 p.m., Brenton Skating Plaza.
- VHS Basketball: 9/10/JV/V vs. Waukee, 4:45/6:15/7:45 p.m.

CALENDAR |

Saturday Feb. 7

- Saturday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- RHS Basketball: 9/10/JV/V vs. Johnston, 10/11:30/1/2:30/4/5:30 p.m.
- RHS Swimming: Boys Varsity, 12:30 p.m.

Sunday Feb. 8

- Sunday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- Broom Ball League, 6:30 p.m., Brenton Skating Plaza.

Monday Feb. 9

- Monday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Bowling: JV/V vs. SE Polk, 3:30 p.m.
- VHS Basketball: Girls 9th vs. DCG, 6 p.m.
- VHS Basketball: 9/JV vs. Urbandale, 7 p.m.
- RHS Basketball: JV vs. Ankeny, 7 p.m.

Tuesday Feb. 10

- Hits 99.9 Student Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Basketball: 9/10/JV/V vs. East, 4:45/6:15/7:45 p.m.
- RHS Basketball: 9/10/JV/V vs. Ankeny Centennial, 4:45/6:15/7:45 p.m.

Wednesday Feb. 11

- Wednesday Public Skate, noon - 9 p.m., Brenton Skating Plaza.

Thursday Feb. noon

- Thursday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- Kiss FM Thursday Night 5-9 p.m., Brenton Skating Plaza.
- VHS Bowling: JV/V Meet, noon
- RHS Basketball: 9/JV vs. East, 7/8:15 p.m.

Friday Feb. 13

- Friday Public Skate, noon - 11 p.m., Brenton Skating Plaza.
- The Mountaintop by Katori Hall, 7 p.m., Westminster Presbyterian Church.
- VHS Basketball: 9/10/JV/V vs. Dowling, 45/6:15/7:45 p.m.
- RHS Basketball: 9/10/JV/V vs. Ottumwa, 4:45/6:15/7:45 p.m.

Saturday Feb. 14

- Saturday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- The Mountaintop by Katori Hall, 7 p.m., Westminster Presbyterian Church.
- VHS Swimming: JV/V, TBD

Sunday Feb. 15

- Sunday Public Skate, noon - 9 p.m. Brenton Skating Plaza.
- Broom Ball League, 6:30 p.m. Brenton Skating Plaza.
- The Mountaintop by Katori Hall, 3 p.m. Westminster Presbyterian Church. 4114 Allison Ave.

Monday Feb. 16

- Monday Public Skate, noon - 9 p.m., Brenton Skating Plaza.
- VHS Track: JV/V vs. TBA, 3:40 p.m.
- VHS Basketball: 9/JV vs/ Dowling, 7/8 p.m.
- RHS Basketball: JV vs. Hoover, 7 p.m.
- RHS Basketball: Boys 9th vs. SE Polk, 8:15 p.m.

Tuesday Feb. 17

- Hits 99.9 Student Skate, noon - 9 p.m., Brenton Skating Plaza.

OUT AND ABOUT |



Jolene Goodman and Tim Jelsma wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



Eddie Hadzirc, Cathy Schemmel and Devin Paulsen wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



Joel Jordan and Mary Brannen wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



Sam Hager of Iowa Beverage wishes you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.

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SINCE 1987



Top Row:

Joe Wallace, Chris Low, Mark Abendroth, Ross Barnett

Bottom Row:

Laurie Heron McCown, David Russell

- ▶ Wills and Trusts
- ▶ Estate Planning
- ▶ Probate
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LEGAL BRIEFS |

Inheriting debt

Surviving spouse may have some liability

By Ross Barnett, attorney, Abendroth and Russell Law Firm

The death of a loved one is a traumatic experience. It is doubly so when the deceased left debts to be handled by the family. Who inherits debt when you die? In general, surviving family members are not responsible for the debts of a decedent. But there are some major exceptions.

A spouse will inherit credit card debt if he or she was a joint account holder. Likewise, a co-signer on a loan will automatically be responsible for the balance.

A spouse is also potentially liable for the reasonable and necessary expenses of the family and the education of the children, even if he or she is not on the account.

Secured debt, like mortgages and vehicle loans, must be paid if heirs wish to retain the asset. A mortgage creates a lien; if the loan is unpaid, the lender can foreclose the mortgage and take possession of the house. A vehicle will be repossessed if the note is unpaid. The right of foreclosure and repossession exist even if a surviving spouse is not on title to the asset, or if inheriting children didn't sign the loan papers.

If you don't have sufficient savings, consider purchasing life insurance to ensure that debt is paid off. An heir could also purchase assets from your estate and the proceeds can be used to pay the debt.

One way to identify debts is to order a copy of the deceased's credit report. The credit report may show loans, lines of credit or credit cards that the family



didn't know about. Obtaining a credit report is also important because personal information can be stolen.

Identity thieves can use the identities of a deceased person to fraudulently open credit card accounts, apply for loans and file tax returns. Referred to as "ghosting," this type of fraud is difficult to catch because survivors don't often monitor a dead person's credit activity. Notify the three credit-reporting bureaus and ask them to place a "deceased alert" on the credit report.

Finally, be very careful about taking money or property that belonged to the person who died if there are debts outstanding. Even if you aren't personally responsible for the debt, creditors may have a claim on the property of the estate and may look to you for payment if you obtained the assets without following the proper procedure. Get advice from an estate planning or probate attorney before distributing assets. ■

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

What does 2015 hold in store for investors?

If you're an investor, you probably had a pretty good year in 2014. But what's in store for 2015?

It's essentially impossible to make precise predictions about the performance of the financial markets, but it is possible to identify those economic conditions and market forces that may help shape outcomes in the investment world for 2015.

Here are a few of these moves:

With stock prices having climbed higher and higher, you might be wondering if it's time to scale back on your ownership of equities. Some factors point to continued strength for stocks over the long term. First, we are seeing signs of improving economic growth; employment gains and low oil prices are giving consumers more confidence, leading to a boost in spending. Second, corporate earnings, a key driver of stock prices, appear poised to show more good results in 2015. Third, stocks — at least large-company stocks — are still reasonably valued.

For several years, interest rates have been at, or near, historical lows. Given the strengthening economy, and the decreased need for stimulus, the Federal Reserve may well raise short-term interest rates in 2015. But long-term rates may start rising even before then, so you may want to take a close look at your bonds and other fixed-rate investments. As you probably know, when interest rates rise, the value of existing bonds typically falls because investors won't pay full price for your bonds when they can get newly issued ones that pay higher rates.



One way to combat the effects of rising rates is to build a "ladder" consisting of short-term, intermediate and long-term bonds.

Although economic growth has been slow in parts of the world, many countries have now initiated policies to spur economic growth. These actions can create opportunities for international equity investments. Keep in mind, though, that international investing involves particular risks, such as currency fluctuations and political and economic instability. So if you are considering foreign investments, you may want to consult with a financial professional.

There are no guarantees, but by following the above suggestions, you may be able to take advantage of what looks to be a fairly favorable investment environment for 2015. While you should make most of your investment decisions based on long-term considerations, it's always a good idea to be attuned to what's happening in the world around you — and to respond appropriately. ■

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



The home of Carol and Jim Langeness, 7609 Marilyn Drive, was the winner for District 1 and Best of the Best in the 2014 Holiday Lighting Contest.

Holiday Lighting Contest winners announced

The Windsor Heights Foundation has selected the winners of 2014 Holiday Lighting Contest. The Foundation selected the best display from each of six districts in Windsor Heights. The Foundation awarded a \$50 prize to each district winner, and an additional \$50 to the "Best of the Best" from among the district winners. The Foundation also gave the contest winners a lighted recognition sign to place in their yard. The 2014 winners are:

- District 1: 7609 Marilyn Drive, Jim and Carol Langeness
- District 2: 7044 Wilshire Blvd., Dean and Sara Boots
- District 3: 6401 Washington Ave., Christina Wadle
- District 4: 1308 64th St., Melanie Mann
- District 5: 6803 Forest Court, Ryan and Mollie Mertens
- District 6: 1034 66th St., Michael Diehl and Margaret Brekke
- Best of the Best: 7609 Marilyn Drive, Jim and Carol Langeness. ■

Markets Change. Are You Prepared?

When you stop and look back at what's happened in the markets, it's easy to realize how quickly things can change. That's why we should schedule some time to discuss how the market can impact your financial goals. We can also conduct a portfolio review to help you decide if you should make changes to your investments and whether you're on track to reach your goals.

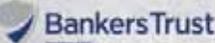
Stop by or call today to schedule your personal review.



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INSURANCE |

Make your home more energy efficient

Simple changes can save you money

By Matt Cale, State Farm agent

The typical household spends \$2,100 each year to heat, cool, and illuminate their homes. But reducing energy bills doesn't have to be difficult or expensive. By making some smart changes in your energy usage, you can have a big impact on your utility bills.

• **Skip pre-rinsing dishes.** It's good to scrape food off before putting dishes in the dishwasher, but there's no need to rinse them. You'll save up to 6,500 gallons of water per year.

• **Replace furnace air filters often.** A dirty air filter can make your furnace work harder and use more energy. Replace the filter every two to three months.

• **Replace incandescent bulbs with compact fluorescent lamps (CFLs) or light-emitting diodes (LEDs).** CFLs can last 10 times longer than incandescent bulbs and use 75 percent less energy. LED bulbs are mercury-free and may last three to five times as long as CFLs.

• **Insulate water heaters and pipes.** Covering your water heater with an insulated water heater blanket can help retain heat, so the unit uses less energy to heat hot water.

• **Seal doors and windows.** Install door sweeps at the bottom of your front and back doors to keep heat from escaping. Remove old window caulk and apply a fresh seal to retain heat in your home.

• **Clean air ducts.** Keep your air ducts clean to improve air flow and reduce stress on your furnace and central air conditioner.

• **Upgrade your thermostat.** A programmable thermostat can save you more than \$100 a



year on your energy bill.

• **Install low-flow toilets and showerheads.** Toilets consume up to 40 percent of a home's average water use. Using low-flow toilets can save more than 9,000 gallons of water a year. A low-flow showerhead only uses 1.5 gallons per minute while conventional showerheads use 5 gallons per minute.

• **Install ceiling fans.** For summer use, ceiling fans can cool a room more efficiently than an air conditioner. For winter use, most ceiling fans have a reverse switch so that their blades force heated air down from the ceiling.

• **Replace leaky windows.** Replace single-glazed windows with low thermal emissivity (Low-E) windows to reduce heat transfer and keep your home cooler in the summer and warmer in the winter.

• **Insulate walls and attic.** Heat escapes through the walls and attic of homes. Blown-in foam insulation can be a very cost-effective way to seal walls. Replacing old attic insulation with fresh fiberglass cover can reduce your heating bills. ■

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

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Sam Howell's wife, Amy, doesn't watch football games in Bears Bar, but she provides the buffalo chicken dip.

Bears Bar

Howells wants to "feel the cold" during games

By Michelle Chalkey

Rain, cold or snow, Sam Howells is always outside to watch the Chicago Bears game. The man's garage transforms during NFL season to the "Bears Bar." Howells claims that having the bar in his unheated garage is a way for him and his buddies to get outside and feel like they're at the game at Soldier Field.

"I want to feel the cold the way they do in Chicago," Howells says.

Complete with Bears jerseys, posters, lawn chairs and a high-top table, the garage has everything Howells and his buddies need to get in the spirit of the game. No matter how cold it is outside, about a dozen guys are out there every week donning their dark blue and orange T-shirts and jerseys, ranting at the television above the "Man Cave" sign.

Howells, originally from England, became a Bears fan in 1986. His uncle had taken him to see the Bears play a pre-season game in London, and so began his loyalty to the team. When he moved to the United States in 2001, he didn't have a hard time finding like-minded fans. He and his

buddies would go out to bars or restaurants to watch the game, and they eventually decided on the idea of meeting at someone's house. The original Bears Bar opened at a friend's house, then was later moved to another friend's deck. It has been going strong at the Howell's garage for three years, despite losing a big-screen television to theft.

"The bar is on the rebound now," Howells explains, saying he plans to get another big-screen and more Bears flair for the garage.

Howells's wife, Amy, is notorious for making buffalo chicken dip when the guys come over on Sundays, but she will stay inside with the kids to watch and cheer for her team, the Denver Broncos.

"No way am I watching the game out there in the cold," Amy says, but the situation seems to work out for them. "We don't cheer for the same team, but we support each other in it."

"The Bears can be hard to cheer for sometimes, especially this season," Sam says. "Yet true Bears fans always remain hopeful of a late-season playoff run." ■

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



Kerry Bowen enjoys a mild December day outside her Colby brick home. Photos by Rainey Cook.

Living the dream

Bowen is grateful for her 1954 Colby brick home

By Rainey Cook

How often do you hear people say how grateful they are to live in their home? Or to know someone who speaks of living the dream when speaking of his or her home? Better yet, to be that grateful person who speaks so graciously of his or her own home.

Most homeowners have fix-it lists and wish lists longer than a first grader's Christmas list to Santa. When you really think about it, the happy homeowner prospects may be far and few. In Windsor Heights there is just that person who is happy to simply have an attached garage.

"I'm living the dream," says homeowner Kerry Bowen. "That's the best thing about my house...I'm living the dream."

Bowen has lived at 7215 Reite since 2000. She's contented with the layout, the space and even the unfinished basement, which has a steel beam built into the ceiling. This house is so solid, she says.

Her January entertainment consisted of a New Year's Eve party. She invited union members, high school friends, political friends and traveling partners.

Other parties she has include political meetings to organizing phone banking, political door knocks and phone calls. She also likes to participate in Windsor Heights' annual ice cream social.

"It's very easy to entertain in this house," Bowen says. "I'm just so grateful to live here."

She has completely renovated her kitchen. A beautifully updated look includes tile floors, new counters, cupboards and a dishwasher.

"It all just eventually came together, and I got all the colors I wanted," Bowen says.

Bowen loves the Windsor Heights area for the accessibility to I-80.

"We are in the middle of it all," she says.

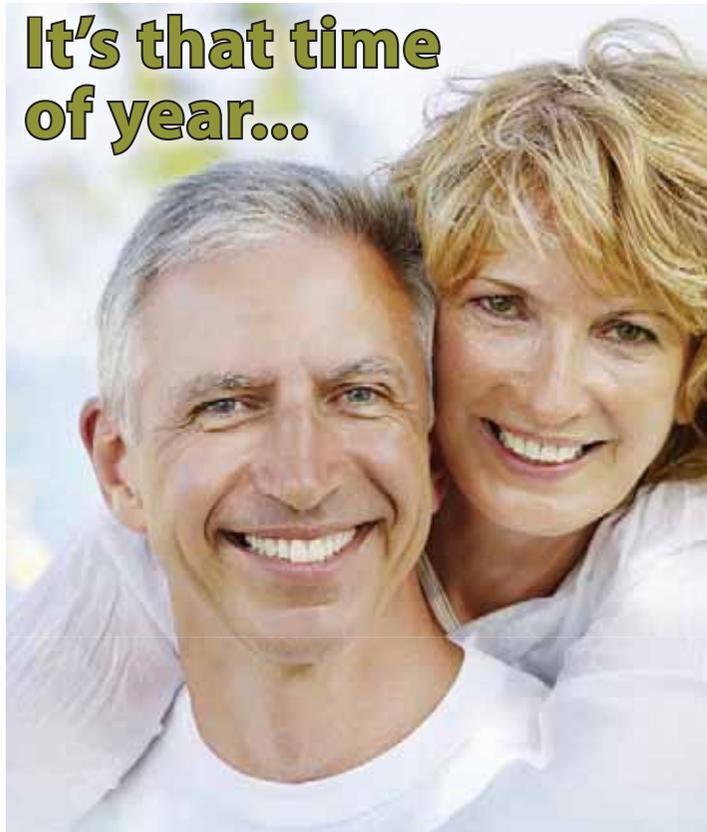
Bowen also enjoys the accessibility to the city council. She has a voice and it's heard. She knows who's on the council and likes that they know her name.

Having lived in Iowa City for 26 years, Bowen is happy to be back in the area close to family.

"Buying this house fell in my lap," Bowen says. "And I'm so glad it did." ■

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.

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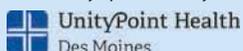
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SENIOR LIVING |

Look for the good this year

Don't set yourself up for failure

By Susan Ray, executive director, The Reserve

Yes, it's that time of year again. The time of year when we feel as though we have to turn over a new leaf. Traditionally, New Year's Day has been tagged as the ideal time to kick start a new phase in your life and the time when we must make your all important new year's resolution. Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75 percent of people stick to their goals for at least a week, less than half (46 percent) are still on target six months later, a 2002 study found. However, it's important to remember that the new year isn't meant to serve as a stimulus for enormous character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes.

Don't set yourself up for failure. Start small. Don't have your list of New Year's resolutions be as long as your holiday shopping list. This only creates stress before you even get started. Make resolutions that you think you can keep. If you want to set of goal of more exercise, begin with three or four days rather than seven. Don't beat yourself up for the little slips. Perfection is unattainable. Remember that minor set -backs when reaching your goals are completely normal. It happens to most of us.

I recently came across a poem titled "Look for the Good." I would challenge you to put looking for the good at the top of your list



for New Years' resolutions.

Look for the Good

By Joanna Fuchs

*In the New Year, let's resolve
To get less stressed, upset, anxious
About things over which we have no
control.*

*Let's have a narrower focus on our
lives, loving and helping our family
and friends, making our community
a better place to live, to create peace
and contentment.*

*In the New Year, let's resolve to pay
less attention to depressing stories on
TV, in magazines and newspapers,
and to stop focusing on what we
want that we haven't got, instead of
appreciating the many blessings we
do have.*

*In the New Years, let's look for the
good.*

*We may have to search
Through a mass of negative media,
But the good is there
All around us.*

*I wish for you a New Year filled with
good,
engulfed in serenity and happiness! ■*

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



At Windsor Heights Lutheran Church, Wednesdays are equally as important in building a strong relationship with Christ through the program Akaloo.

Are you ready to Akaloo?

Lutheran Church offers classes on Wednesdays

By Chris Kelley

It's a program that challenges the structure of Christian education across the country — and, yes, you probably don't know how to pronounce it. It might sound like something an owl with a cold might hoot at night or the noise your grandma makes when you sneeze, but at Windsor Heights Lutheran Church, Akaloo is taking a multi-generational approach to a higher level of consciousness with Jesus Christ.

What it is

Akolouthin (Greek): To follow. That's right, Akaloo derives from an even harder to pronounce word — but it's the meaning behind it that takes center stage. Jesus Christ said to each of the disciples, "Follow me, drop your nets, a new life awaits you." A true Christian life can certainly not be fulfilled if you don't learn to trust in and follow God, so that's where Akaloo comes into play. Championed by Augsburg Fortress, the sole publishing company for the Evangelical Lutheran Church of America, the curriculum debuted nationally in August of 2006. Combining forces with the Presbyterian Church's Congregational Ministries Publishing program, Akaloo instructs each age level about discovering the Bible and becoming a disciple.

The ELCA-structured courses are becoming popular in churches across the country, and Windsor Heights Lutheran Church is using the tools to build strong generations of not just believers, but followers.

The program was created when ELCA officials noticed a consistent request: a desire for something new that would excite the congregation — and at Windsor Heights Lutheran Church it's doing just that.

Windsor Heights Lutheran Church
 1240 66th St.
 www.WHLC.org
 Saturday service: 5:30 p.m.
 Sunday services: 8:30 and 10:45 a.m.
 Akaloo Wednesdays: 5:10 p.m.

Wednesdays are Akaloo Wednesdays in Windsor Heights, so members know to keep their evenings free. Things kick off just after 5 p.m. with an evening prayer. Congregation members of all ages are invited to partake in the church's Akaloo meal in the parish hall at 5:30 before splitting off into separate learning groups. Studies are focused on age groups, with Pre-K and first grade students, second through sixth grade students, seventh and eighth grade confirmation, book club and adult discipleship. The evening of fellowship also combines with traditional practices, including Lutheran confirmation classes, choir practice and worship team assemblies.

So if you're looking to move past Sunday school, stop in to Windsor Heights Lutheran Church this Wednesday and get ready to Akaloo. ■



Parmesan chicken bake

Add variety to menu regulars

By Jan Allen

Happy New Year everyone! The hope and promise of a new year is here, along with a desire for most of us to adopt a healthier lifestyle. I am no different, and I'm always on the lookout for new and different ways to cook some of our staple foods.

Chicken is one of those foods... we eat it several times a week, but tend to get in a rut with the way to prepare it. I came across this recipe and it sounded perfect. I buy lots of Greek yogurt every week. I use it in some of the baking that I do, but most often use it as a "go to" snack as it has lots of protein but not many carbs.

This recipe combines the yogurt with Parmesan cheese and a couple of other ingredients. It's not weighted down with high fat sour cream (although I think Greek yogurt tastes much like sour cream) and the Parmesan cheese gives it a yummy, distinctive flavor. You do have the option to use light mayonnaise if you prefer. Serve this with steamed broccoli and cauliflower, green beans or a nice green salad. I hope you like this recipe as much as we do, and best wishes for a healthy, happy new year. ■

Parmesan chicken bake

Ingredients

- 4 - 6 chicken breasts
- 1 cup Greek yogurt or light mayo (or combination of each)
- 1/2 cup fresh Parmesan cheese (plus more for the top)
- 1-1/2 teaspoon seasoning salt (NOT regular table salt...a mixture of seasonings)
- 1 teaspoon garlic powder
- 1/2 teaspoon ground pepper

Directions

1. Preheat oven to 350 degrees

2. Place chicken breasts in a baking dish. Combine the Greek yogurt, 1/2 cup Parmesan cheese, and seasonings in a bowl. Slather the chicken with the mixture. (I also put mine on the bottoms of the breasts).
3. Sprinkle the tops of the coated chicken with a generous amount of Parmesan cheese.
4. Bake at 350 degrees for a little over an hour, or until the chicken breasts are nicely browned and chicken is done on the inside. Enjoy!



OUT AND ABOUT |



Jason Roberts and Matt Hildebrand wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



Jon Ulrich and Cris Potter wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



Teffny Olson and Grant Mitchell wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



David Hagen and Natalie Patterson wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



Abby Grull and Kelly Kramer wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.



AJ Hawxby and Kevin Meredith wish you a happy New Year from your Windsor Heights Hy-Vee on Jan. 5.

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How much sleep do seniors need?

By Clint Rogers, Comfort Keepers

Why do seniors have more trouble sleeping?

Several factors contribute to difficulty sleeping as one ages. Dr. Lim Li Ling, a consultant neurologist for the Singapore Neurology and Sleep Centers at Gleneagles Medical Centre, offered these as the most common reasons:

- **The natural aging process.** As we age, our bodies make less of the chemicals and hormones that help us sleep well, such as melatonin. Some seniors develop sensitivity to environmental factors affecting sleep such as noise.

- **An increase in neurological and other medical conditions.** The parts of the brain that control sleep are affected by conditions such as Parkinson's disease or stroke. Arthritis can also

play a role in sleep quality due to chronic pain. Additionally, Periodic Limb Movement Disorder (PLMD) causes one to kick involuntarily during sleep, and that contributes to daytime sleepiness.

- **The effects of medication.** The medications that treat conditions associated with aging, and the fact that seniors are more likely to be on multiple medications, interfere with the duration and quality of sleep.

- **A higher prevalence of sleep disorders.** In this case, Obstructive Sleep Apnea (OSA) is the most common. OSA causes blockage in the upper air passage during sleep. Two additional sleep conditions that contribute to seniors getting less sleep are Restless Leg Syndrome and insomnia.

- **Mood factors such as anxiety and depression.** Most seniors are affected to varying degrees by the loss of loved ones, spouses and close friends. Also, as seniors face retirement and other significant life changing events, they are more likely to have trouble sleeping.

Dangers of inadequate sleep

It's when we are sleeping that our bodies regenerate cells and clean our blood by circulating it through the liver. The need for sleep is as basic as that for water and food. Doctors warn that, just because you've gone without enough sleep for a big part of your adult life, doesn't mean it won't impact you as you get older. Senior adults are already prone to some illnesses, as well as falls, accidents and balance

deficiencies. Not getting enough sleep just increases all these risks.

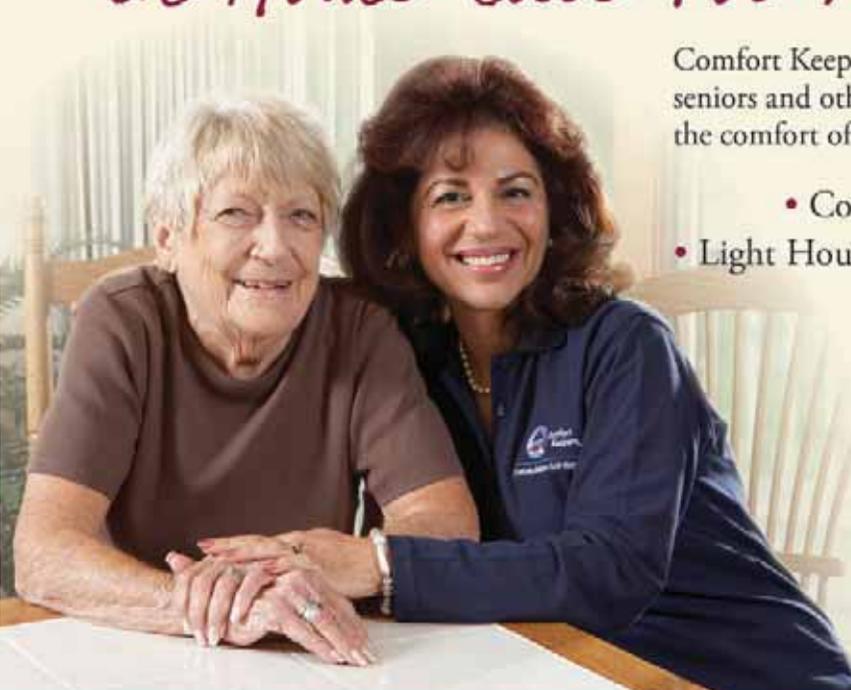
How much sleep do seniors need?

There are differing theories in answer to this question. Much data, including information from the National Institutes on Health, suggests seniors can remain healthy with less sleep than the general population. For example while the average amount of required sleep is about seven to nine hours nightly, some sleep experts say a bit less than that — maybe about 7.5 hours on average — is adequate for seniors. ■

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

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Celebrate Windsor Heights

Tickets are available for Feb. 3 event

By Michael Libbie, Windsor Heights Chamber president

You are invited to “Celebrate — Windsor Heights” a special event to recognize the Windsor Heights Citizen of the Year, Brook Wade; take an opportunity to say goodbye to our retiring Chamber board members Leng Vong Reiff and Brook; make welcome new board members Brett Kline, Jonathan Koester and Matt Heldenbrand; and allow us to introduce the new Chamber president.

There will be a silent and live auction throughout the event along with food and beverages.

The event is Feb. 3 from 6-8 p.m. at the Windsor Heights Community and Event Center. Tickets are \$20 per person or two tickets for \$35 and can be purchased online or at City Hall.

Membership luncheon

How about some great tips for enhance your networking experience? Our January membership luncheon will feature Danny Beyer who has just written “The Tie That Binds” — thoughtful, practical tips to networking with a purpose. The luncheon is Jan. 20, and the cost is \$10 for members and guests. More information is available on our website calendar.

Ribbon cutting

We welcome GiGi’s Playhouse to the Chamber with a ribbon cutting at its location, 6507 University Ave. GiGi’s Playhouse provides free programs that are educational and therapeutic in nature to individuals with Down syndrome from birth through adulthood, their families and the community. Program, tours and refreshments will be held from 5:30-7 p.m. on Jan. 20.

Greater Des Moines Partnership



With your membership in the Windsor Heights Chamber you automatically become a member of the Greater Des Moines Partnership, which offers a host of business and development opportunities. The annual dinner for the Partnership is scheduled for Jan. 27 and the featured speaker is Fareed Zakaria, host of CNN’s “Fareed Zakaria GPS,” editor-at-large of TIME, and Washington Post columnist. Tickets and more information are available at DesMoinesMetro.com/Events.

Let’s connect

You can learn more about the Windsor Heights Chamber by visiting our website, WindsorHeightsChamber.com. You can find us on Facebook (search Windsor Heights Chamber), and we’re also on Twitter @WHChmbr for regular updates.

Partly personal

I look forward to serving as the Chamber president, and because no organization rises or falls because of one person, I am grateful for the other volunteers who work on behalf of our wonderful community. Think about joining us and helping us move Windsor Heights forward. ■

Meet Edward Moody

Instructor chosen to teach new STEM program

By Rainey Cook

After six years of contributing positive change, readying middle schoolers for high school and offering an already adventurous learning environment at Cowles Elementary, there has been a change for seventh- and eighth-grade teacher Edward Moody — a positive and exciting change.

Cowles Elementary was awarded a state grant from Gov. Terry Branstad under the Governor’s STEM Advisory Council, and Moody was chosen to teach the new STEM (science, technology, engineering and math) program to his middle-schoolers.

In turn, the summer of 2014 brought hard work and heavy learning in just 10 short days for Moody. He was part of the Summertime Institute Training at Iowa State University where he earned six graduate credits in 10 days. The course of study was learning how to implement Project Lead the Way, the nation’s leading provider of STEM programs.

Once back at Cowles, Moody assumes the role of teaching a unit called automation and robotics. Here his seventh- and eighth-graders are learning mechanical systems, energy transfer, machine automation and computer control systems. With this information his students will have the real-world knowledge to design, build and program such things as traffic lights, toll booths and robotic arms.

Not surprisingly, Moody’s favorite subjects are math and physics.



Edward Moody teaches automation and robotics at Cowles Elementary. Photos by Rainey Cook.

He enjoys the puzzle of it all and figuring out the math.

“Plus, we break things and smash stuff,” Moody says. “I love it.”

The best thing he likes about Cowles is the fact that the teachers have an amazing amount of flexibility to teach real-world experiences and life skills.

“We meet our students where they are and teach from there,” Moody says.

He enjoys preparing his students for high school and he likes that, at this time, his students still allow themselves to be engaged. It’s easy for them to be adventurous about learning. Naturally, Moody loves this as it’s his passion they are excited about.

When not contributing positive change at Cowles, studying and teaching, it may not be surprising to find Moody rebuilding his 1956 Ford F100, a project that has spanned the last 20 years of his spare time.

Moody is originally from Byron, Illinois. ■

What do you like best about your teacher?



Sam Wilson Hoff: “He gives us a lot of challenging work.”



Maddie Moody: “We get a lot of opportunities that most middle-schoolers don’t get.”



Rachel Galluzzo: “He challenges you no matter what you think you can or cannot do.”



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