

Windsor Heights
Living
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50324

The peace of
yoga

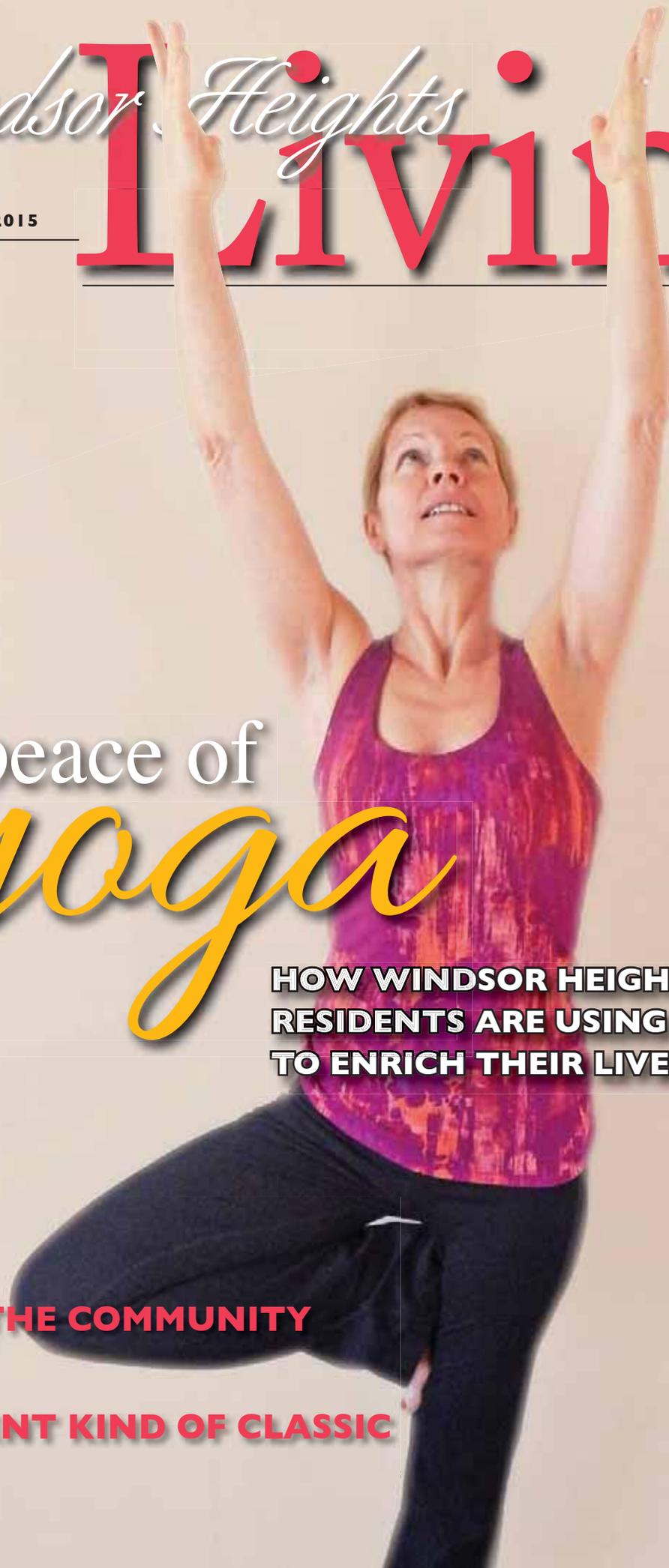
**HOW WINDSOR HEIGHTS
RESIDENTS ARE USING YOGA
TO ENRICH THEIR LIVES**

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WELCOME |

Inner peace

Need to learn how to relax? Truly take a deep breath? Get some flexibility back to your aging body? And possibly change your outlook on life?

Who doesn't?

These topics are part of continual discussions in our household as my wife and I juggle the responsibilities of home, work and everything in between. We try to exercise regularly, eat right, take our vitamins and say our prayers, but sometimes all that just isn't enough to truly reduce our stress levels and smile. I'm guessing many of you can relate.



I have been intrigued by the art and practice of yoga for several years now, primarily because of the meditation and stretching that is associated with it. As one who wrestled in high school and college, I understand the benefits of mental relaxation as part of the process of preparing to compete. After a

hard physical workout, our coaches would often turn off the lights in the wrestling room and have us focus on breathing while they would provide inspiring stories to improve our mental confidence. But those moments were rare. Instead, most efforts were made to get the heart rate up rather than bring it down. And while cranking up heavy metal music on my headphones would help pump me up prior to competing, that's hardly what I need in my life now.

I was truly inspired by this month's cover story, so much so that I told my wife that we should attend yoga classes. Her response was, "Sign us up!" So I am going to, and our oldest daughter decided to join us as well.

This isn't an endorsement of any particular yoga instructor or studio, or even yoga itself, but rather a challenge for each of you to reach out and try something new that may help you find that inner peace that we are all searching for.

Thanks for reading. ■

Shane Goodman
Publisher

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The peace of *yoga*

HOW WINDSOR HEIGHTS RESIDENTS ARE USING YOGA TO ENRICH THEIR LIVES

By Courtney Keiser

The new year is well underway, and many of us are working on those resolutions we made back in January. Exercising more, eating healthier and having an improved quality of life are popular goals. If you're looking to revitalize your fitness routine, energize your spirit and have resolved to be the best version of yourself this year, Windsor Heights yoga practitioners say, "Try yoga."

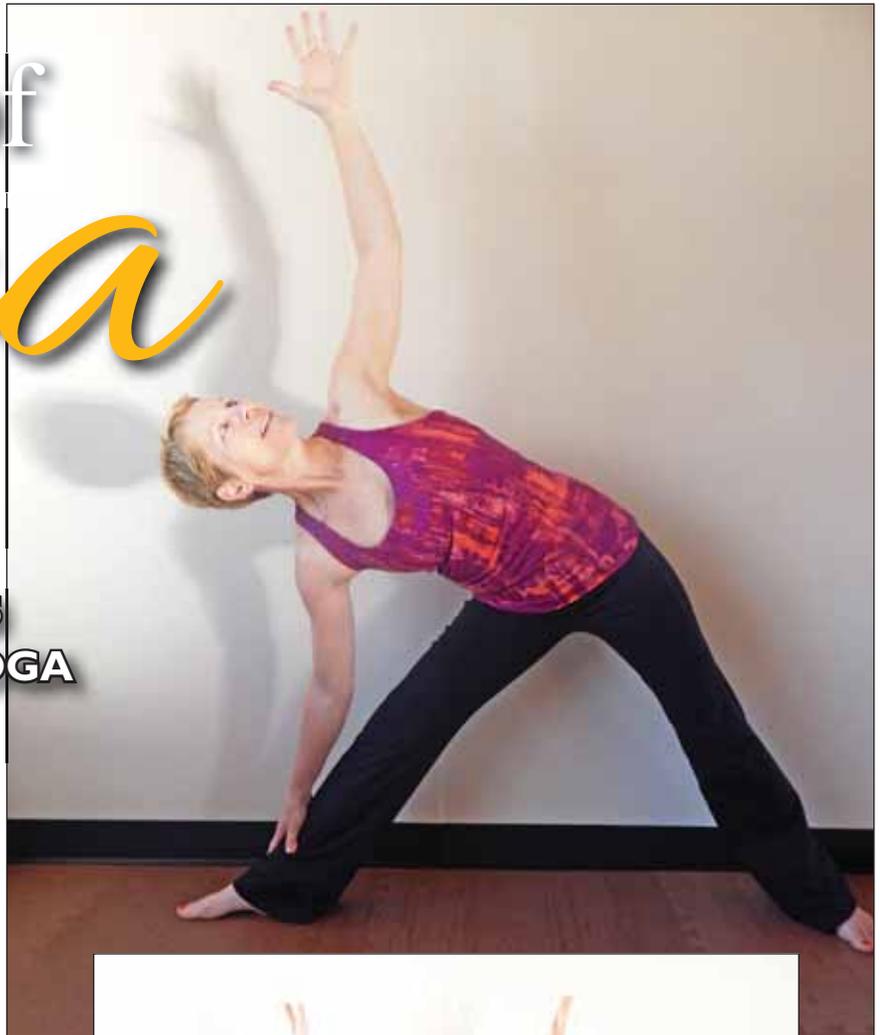
Robin Bourjaily attended her first yoga session in 1998. She was expecting and longed to find the time to relax and connect with her unborn baby. After delivery, she continued the bonding experience with her infant son through Mommy and Me Yoga.

After two years of striving to make fitness a top priority, her family suggested she continue with the classes. Soon she was hooked. Today she teaches between 10 and 17 yoga classes a week in Windsor Heights, in addition to practicing at home.

"Yoga helps me stay centered, sleep better, make better choices and breathe through life's never-ending twist and turns," Bourjaily explains. "I have struggled with my weight my entire adult life, and yoga helps me keep my health in focus."

Yoga is defined as a Hindu spiritual and ascetic discipline which includes breath control, simple meditation and the adoption of specific bodily postures.

Yoga was well known as far back as the mid-19th century, but began its surge in popularity in 2001. Today, it's a common indoor fitness activity. According to LiveStrong.org, more than 20 million Americans regularly incorporate yoga into their fit-



Sandee Lyons is a regular yoga practitioner in Windsor Heights. She's enjoyed yoga for almost 15 years and continues to "visit her mat" because it helps her to find solace and energizing motivation when she needs it. Photos by Courtney Keiser



Robin Bourjaily teaches between 10 to 17 yoga classes a week in Windsor Heights, in addition to practicing at home. She says yoga centers her, helps her to sleep better and breathe through life's never-ending twists and turns. Photo by Courtney Keiser.

ness routine.

Bourjaily says that people typically look to yoga for increased flexibility and stress reduction. As a bonus, they also gain strength, lean muscle, balance, perspective and lightness.

"These physical and mental gains are followed by an expanding consciousness and an understanding that yoga is not merely exercise or fitness but a philosophical practice that helps us to be our very best selves," she says. "Yoga is a self-improvement program for the body, mind and spirit."

Practitioners of yoga are often referred to as yogis.

According to Bourjaily, yogis have fewer illnesses and injuries when they practice regularly. Internally, yoga is believed to

exercise the immune and lymphatic system and is also linked to healthy blood pressure, lower cholesterol, hormone control, cardiovascular endurance, increased circulation, better gastrointestinal function and higher metabolism.

Externally, yoga is also linked to athleticism, weight reduction, detoxification and delayed aging.

Spiritually, yogis report a more positive outlook on life, higher concentration and memory, calmness, self-control, reduced anxiety and improved social and communication skills.

Yoga is non-competitive and holds a low risk for injury, making it ideal for both the physically fit and beginners — regardless of age. Skeptics: keep in mind that yoga is not a one-size-fits-all

fitness regime.

"Yoga meets you where you are. A skillful instructor will help anybody realize the benefits of careful breathing and gentle stretching or a more robust practice if that's what someone needs and is ready for," Bourjaily says. "Yoga can be done seated in a chair if someone can't easily get onto the floor, or it can be a cardiovascular workout with peak poses that require premium fitness to achieve."

Most yogis begin their journey as a way to make themselves a priority and take charge of their health. The benefits can be life changing. Bourjaily recalls a student who once struggled with depression. The student claimed that the practice of yoga assisted her in dealing with some devastating personal issues, allowing her to forego the use of medication.

"I have four students who have one or two replaced hips, one with two shoulder replacements and another with a replaced knee. These students are moving in ways their surgeons told them wouldn't be possible," she says. "Some have been with me for eight or nine years, and I see them aging with grace. When young people come to yoga, I see them relax, de-stress and move back out into the world with added confidence."

Above all, Bourjaily stresses the importance of the practice's central focus: breathing, relaxing the mind, and diluting the everyday worries of the world.

Yoga is commonly suggested as a therapeutic agent for individuals with chronic pain, mental illness and even late-stage cancers, although it's not considered a sole-treatment option or replacement for conventional medicine. Of course, anybody suffering from a debilitating condition is encouraged by instructors to consult with a medical professional before beginning an exercise routine.

Finding flexibility

Sandee Lyons is a regular at

Bourjaily's classes. Almost 15 years ago, Lyons was shocked to realize she couldn't touch her own toes, so she set out to increase her flexibility.

Today her 16-year-old daughter says it feels like her mom has been doing yoga "forever." Lyons sometimes practices up to four times a week and continues to "visit her mat" because it helps her to find solace and energizing motivation when she needs it.

When she's in class, Lyons' to-do list can wait — she's simply present in the moment.

"I find the ability to develop habits like humor and lightness when I step off my mat," she explains. "Breath work helps me become calmer, centered and able to get through those stressful times."

Yoga is generally considered a quiet activity, so some prefer practicing in the privacy of their homes. But some yogis frequent classes to enjoy the presence of others. Lyons appreciates the



John Halstead is a regular in the Windsor Heights yoga classes and admits that although yoga can be hard for him due to his scoliosis, he always feels better physically and mentally afterward. Photo by Courtney Keiser.

FEATURE |

opportunity to meet people with different abilities, outlooks and physical challenges. She frequently invites friends, co-workers and family to give yoga a chance.

Her persistence has paid off. A few months ago, Lyons' husband began to join her on the mat.

"I think there are benefits for everyone through yoga. Not all classes and teachers work for every individual," she says. "I encourage people to find a routine or class that makes them feel welcome."

Lyons is also thrilled to confess, "I can reach my toes now!"

Pain relief

Seven years ago, John Halstead's wife suggested that he join her for a yoga session. Halstead was suffering from back pain due to scoliosis. Uncomfortable sciatica (nerve discomfort) ensued as a result of his condition. Scoliosis is an abnormal curvature of the

spine, and the cause is usually unknown.

Halstead was active but hadn't found the relief or flexibility he needed to alleviate his symptoms. He is now a regular in the Windsor Heights classes and admits that although yoga can be hard for him, he always feels better physically and mentally afterward.

Yoga is deemed beneficial for back conditions such as Halstead's. According to the Mayo Clinic, 12 million people are affected with scoliosis worldwide. Yogaforscoliosis.com claims that the combination of posture and breathing awareness assists in recovering one's structural alignment by stretching and strengthening muscles that have suffered from an asymmetrical imbalance.

"Through yoga one can find that balance point that allows the scoliosis curve to coexist with gravity and activates the body's

natural plumb line," the online site reads. "The result for most people with scoliosis is better posture and less pain."

If you're experiencing pain without cause, consider this: 90 individuals afflicted with chronic low back pain were monitored by the National Center for Complementary and Integrative Health. From the study, it was concluded that those who practiced yoga showed decreased signs of disability, pain and depression after six months.

Halstead embraces the physical challenges yoga presents and enjoys the comradery from fellow yogis, some of which he's known for several years.

"I would recommend yoga to anyone wanting to get fit, improve endurance, strengthen legs, abs and arms," he says. "There are many levels, and you can substitute or eliminate poses that can be too difficult. I ease off on poses that require turning

the upper body due to my back pain."

Bikram yoga

Even if you're new to the yoga scene, you've probably heard the phrase "hot yoga," otherwise known as Bikram yoga. This popular practice emphasizes many of the same techniques as regular yoga, including a series of posture poses and breathing exercises, but is characterized as a more intense and challenging workout experience. A main goal of hot yoga is to eliminate waste and toxins from the body. Why the term "hot?" Bikram yoga is performed in a humid room heated to 104 degrees Fahrenheit for up to 90 minutes.

As always, remember that exercising in the heat can be dangerous. Instructors encourage all practitioners to stay hydrated during each session and (although it's rare) watch for possible signs of heat stroke. ■

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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 24 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 24, 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 is working on an urban farm near Ankeny. 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. Don't miss out on some great door prizes! Ray will be giving away three 25-pound bags of *Pro-Mix* professional growing medium which greatly increases seed germination and plant root development.

Tuesday, March 24, 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 28, 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 26, 7:00pm – 8:00pm, To Be Announced

EMERGENCY ACCESS

When recovering from a major snowfall, it's easy to forget emergency responders not only need access to your front door, but to the equipment that will help save your home in the event of an emergency. The Windsor Heights Fire Department is recommending citizens clear a three foot perimeter around fire hydrants that are covered with snow. It's also smart to shovel an access path to the road, so firefighters can easily thread a water hose to the hydrant from the street.

In general, for every minute a home fire goes unsuppressed or undetected, it doubles in size. Every second counts. If a fire occurs in your home or in your neighborhood, you don't want firefighters wasting those seconds shoveling snow to gain access to the fire hydrant.



HELP KEEP WINTER SALT AND SAND OUT OF WALNUT CREEK – REDUCE YOUR SALT USE!

The most important step in deicing is to physically remove as much snow and ice as possible before applying salt. Use a shovel to break up the ice before you add another layer of salt. Adding more salt without removing what has melted can result in over-application, meaning more salt and chemicals end up in the creek.

A little goes a long way. By limiting the amount of salt we use on sidewalks and driveways, we can reduce the amount of polluted stormwater washing into our waterways. Even if the surface you are applying salt to is relatively far from a street or stream, much of the product will not soak into the soil because the ground is frozen. It will instead become runoff as the snow melts and as rain falls in early spring. The recommended application rate for rock salt is about a handful per square yard treated (after you have scraped as much ice and snow off as you can). Throwing any more salt down won't speed up the melting process. Even less salt is needed if you are using calcium chloride (about a handful for every three yards treated – or about the area of a single bed). Use only enough deicer to break the ice/pavement bond, and then remove the remaining slush by shoveling.

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

CALENDAR

Thursday Feb. 19

- Thursday Public Skate, noon-9 p.m., Brenton Skating Plaza
- Kiss FM Thursday Night, 5-9 p.m., Brenton Skating Plaza
- RHS Wrestling: Varsity State Tournament, noon
- RHS Mid Winter Fine Arts Concert, 7-9 p.m., Roosevelt Auditorium
- Whypro Speed Networking, Lunch is available for an hour of Speed Networking. Join WHYPro to start building the networking relationships, noon-1 p.m., 3E, 953 73rd St., Windsor Heights

Friday Feb. 20

- Friday Public Skate, noon-11 p.m., Brenton Skating Plaza
- RHS Wrestling: Varsity State Tournament, noon
- "The Mountaintop" by Katori Hall 3 p.m., Westminster Presbyterian Church
- RHS Basketball: 9/10/V vs. Waukee, 4:45/6:15/7:45 p.m.
- DCHS Basketball: 9/10/V vs. Ames, 6:00/7:45 p.m.
- RHS Basketball: 9/10/V vs. Waukee, 4:45/6:15/7:45 p.m.

Saturday Feb. 21

- Saturday Public Skate, noon-9 p.m., Brenton Skating Plaza.
- RHS Wrestling: Varsity State Tournament, noon
- "The Mountaintop" by Katori Hall 3 p.m. Westminster Presbyterian Church
- RHS Basketball: Girls Varsity vs. Johnston, 7 p.m.
- RHS Basketball: Girls Varsity vs. Johnston, 7 p.m.

Sunday Feb. 22

- 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

Monday Feb. 23

- Monday Public Skate, noon-9 p.m., Brenton Skating Plaza
- RHS Bowling: Varsity State Co-Ed Tournament, noon

Tuesday Feb. 24

- Hits 99.9 Student Skate, noon-9 p.m. Brenton Skating Plaza
- RHS Bowling: Varsity State Co-Ed Tournament, noon
- RHS Basketball: Girls Varsity vs. TBA, 7 p.m.
- RHS Mid Winter Fine Arts Concert 2, 7-8 p.m., Roosevelt Auditorium

Wednesday Feb. 25

- Wednesday Public Skate, noon-9 p.m., Brenton Skating Plaza
- Planning and Zoning, 6:30 p.m., City Hall

Thursday Feb. 26

- Thursday Public Skate, noon-9 p.m., Brenton Skating Plaza
- Kiss FM Thursday Night, 5-9 p.m., Brenton Skating Plaza

Friday Feb. 27

- Friday Public Skate, noon-11 p.m., Brenton Skating Plaza
- RHS Basketball: Boys Varsity vs. IHSA, noon

Saturday Feb. 28

- Saturday Public Skate, noon-9 p.m., Brenton Skating Plaza
- IHSSA Individuals Districts

Competition, All Day, Dowling Catholic High School
■ Legislative Coffee, Charles Schneider, Chris Hagenow, Peter Cownie (tentative), along with Mayor Diana Willets and Supervisor Bob Brownell, 9-10:30 a.m., 3E

Sunday March 1

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

Monday March 2

- Council meeting, 6 p.m., City Hall

Tuesday March 3

- RHS Basketball: Boys Varsity Tournament vs. IHSA, noon
- DCHS Track: Girls Varsity Invitational vs. Wartburg, 3 p.m., at Wartburg

Thursday March 5

- RHS Spring Show I, 7:30 p.m., Roosevelt Auditorium

Friday March 6

- RHS Spring Show I, 7:30 p.m., Roosevelt Auditorium
- DCHS Track: Girls JV/V vs. Central College, 5 p.m., @ Central College

Saturday March 7

- RHS Spring Show I, 7:30 p.m., Roosevelt Auditorium

Monday March 9

- 10/60 Meeting, Residents are encouraged to attend. They will have

60 minutes to ask the mayor and administrator any 10 questions they want, 5:15-6:15 p.m., Windsor Heights Community and Events Center
■ RHS Foundation Meeting, 5:30 p.m.

Tuesday March 10

- DCHS Special Olympics, 6:16-7:30 p.m., Big Gym
- DMPD Board Meeting, 6 p.m.

Thursday March 12

- DCHS Special Olympics, 6:16-7:30 p.m., Big Gym

Friday March 13

- RHS no school

Monday March 16

- Spring Break,
- Council Meeting, 6 p.m., City Hall

Tuesday March 17

- Spring break
- DCHS Special Olympics, 6:16-7:30 p.m., Big Gym

Wednesday March 18

- Spring break

Thursday March 19

- Spring break
- DCHS Special Olympics, 6:16-7:30 p.m., Big Gym

Friday March 20

- Spring Break

OUT AND ABOUT |

Celebrate Windsor Heights

The Windsor Heights Chamber of Commerce held its inaugural recognition night on Feb. 3 at the Windsor Heights Community and Event Center.



The Wade Family and Steve Pope. Brooke Wade was named as the Windsor Heights Citizen of the Year.



Steve Stenstrom, Michael Libbie and Doma Mueller



Deb Bengtson and Mike Bengtson



Loren Pavel, Chris Meyer and Mary Beth Meyer



Jo Leavengood and Lisa Baker



Jonathan Koester, Mike Colby and Theresa Greenfield



Laura Tokhiem and Dory Stevens



Susan Amann and Terry Amann



Bart Warford and Peggy Warford



Dean Anderson, Louise Anderson and Kandi Anderson



Cindy Gross and H.A. Gross

Selling a home on your own

Legal issues must be addressed

By Ross Barnett, attorney, Abendroth and Russell Law Firm

In today's tight economy, many homeowners try to sell a house without listing it through a real estate agent. This For-Sale-By-Owner (or "FSBO") sale can save you thousands in commissions if you can find a buyer on your own. However, important legal issues arise when you sell your home.

In order for an agreement to sell real estate to be binding, it must be in writing. The purchase agreement should contain the specifics of the transaction, such as the sales price, the closing date, the financing terms for the buyer and any special contingencies, such as seller-paid closing costs or the sale of the buyer's home. The purchase agreement should also spell out the rights and remedies of the parties and under what conditions the transaction can



be canceled.

Iowa law requires that the seller provide a written disclosure statement to a purchaser. The seller's disclosure statement is required even if a property is being sold in "as-is" condition. For homes built prior to 1978, a lead-based paint disclosure statement is required

by federal law. New legislation requires that a seller inform a buyer about radon testing.

Once you have a buyer, you should locate your original abstract to your property. This is a key item that will cause delays if not processed quickly. The abstract of title must be brought up to date, and the buyers and sellers must be searched to identify any adverse liens and judgments. The abstract will then be examined by an attorney on behalf of the buyer. There may be title issues to address, such as the death of a titleholder or judgments against a person of a similar name.

Once a title opinion has been generated, you will need to execute a deed and other supporting documents to transfer title to the new buyer. The recording statutes have

very specific requirements for the format of the deed and is it vital to correctly vest title. The deed must be accompanied by a declaration of value, which is delivered to the local assessor's office. A groundwater hazard statement is required on all properties to disclose potential groundwater contamination. If the home has a septic system, a new law requires that the system be inspected prior to sale.

Selling a home involves more than shaking hands on a price. Finding a buyer is only the first step through the legal process. ■

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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Look through this 'LENS' when making Social Security decisions

You can take Social Security early, when you're 62, but your checks will be much bigger if you wait a few more years. So, should you collect more of the smaller checks or fewer of the bigger checks?

Consider the acronym LENS, which stands for Life expectancy, Employment, Need and Spouse.

- **Life expectancy.** If you think you and your spouse will have longer life expectancies, it might be worthwhile to delay taking Social Security.

- **Employment.** If you want to keep working in your "retirement years," be aware that your earnings could affect your Social Security payments. Specifically, if you take Social Security early — that is, before your full retirement age — your benefits will be withheld by \$1 for every \$2 in earned income more than a certain amount (\$15,720 in 2015). During the year in which you reach your full retirement age, this withholding changes to \$1 for every \$3 in earnings over the annual limit (\$41,880 in 2015). The withheld amounts could also affect spousal benefits. However, beginning the month you attain your full retirement age, benefits will no longer be withheld based on how much you earn. Also, Social Security will recalculate your benefits at full retirement age to account for the benefits that were withheld. In any case, if you do plan to continue working, and you think you could have significant income, you'll need to understand the effect that earnings will have on your annual benefits.

- **Need.** Do you really need to



start taking Social Security, or will other sources of income and your investment portfolio be sufficient for the time being?

- **Spouse.** Your decision of when to take Social Security will affect your spouse's survivor benefit. Surviving spouses can receive their own benefit or 100 percent of their deceased spouse's benefit, whichever is greater. So, if you were to take your Social Security early, when the payments are smaller, your spouse's survivor benefits will also be permanently reduced. If you are older than your spouse, or otherwise expect your spouse to outlive you, it might be a good idea to delay taking Social Security to maximize the survivor benefits.

As you think about when to take Social Security, look at your decision through the LENS described above. It could help clarify your options.

This article was written by Edward Jones your local Edward Jones Financial Advisor. ■

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



Tim Kinter at Celebrate Windsor Heights on Feb. 3.



Chanc Smith and Barry Hesse at Celebrate Windsor Heights on Feb. 3.

Investing is about more than money ...

Most people invest hoping to achieve something important for themselves or their family. That could come in the form of financial independence, a comfortable retirement, paying for college or protecting your family. Have you had a face-to-face conversation with your financial advisor about your goals?

At Edward Jones, we stop to ask you the question: "What's important to you?" Without that insight and a real understanding of your goals, investing holds little meaning. We take the time to build a relationship with our clients so that we can help them work toward the things that really are important.

So, what's important to you?

Contact us today for a face-to-face appointment to discuss what's really important: **Your goals.**



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George Hanusa and Janet Hanusa at Celebrate Windsor Heights on Feb. 3.



Tim Rude and Nancy Rude at Celebrate Windsor Heights on Feb. 3.

Don't let spring weather melt away safe driving habits

Rainy weather has its own hazards

By Matt Cale, State Farm agent

The snow and ice may be gone for much of the country, but it's important for drivers to stay "street smart" this spring. Spring showers may bring dangerous driving conditions along with the flowers. In fact, wet roads can be just as slippery as ice-covered roads.

Compounding matters, rainy weather can also affect driver visibility. As drivers hit the road this spring, here are a few tips to help ensure a safe journey to your destination:

- **Do not use cruise control during heavy rains or hail.** Cruise control during low traction wet conditions could lead to hydroplaning or loss of vehicle control. Using the cruise feature also allows you to move your feet away from the pedals, and disengaging the cruise control may take crucial seconds during an emergency situation.

- **Replace worn tires.** Your tires are what keep your car on the road. Worn out treads provide less traction. Also, make sure tires are inflated properly according to your vehicle owner's manual.

- **Replace worn wiper blades.** Poorly maintained windshield wipers can hamper visibility in poor weather.

- **Clean windows.** After a long winter, salt and other road residue can build up on your windows. Wiper effectiveness and visibility can be greatly enhanced by just cleaning the glass and removing the residue.

Cleaning the inside of the glass can also increase visibility and help



the defroster clear your windows faster by reducing moisture build-up.

- **Check all lighting.** Rain itself can also impact visibility, so check all vehicle lighting including headlights, taillights, backup lights, turn signals, parking lights and brake lights. These lights are important because they help you and other motorists to see each other in times of limited visibility.

- **Beware of the dreaded pot hole.** A State Farm® study shows that vehicle repairs from damage caused by a pothole can cost drivers, on average, anywhere from \$300 to \$700.

- **Try to take roads you know well.** Your familiarity will help you avoid potholes. When driving at night, travel on well-lit roads so you can see the surface.

- **If you hit a pothole, carefully inspect your tires and wheels for possible damage.** Note how your car handles afterwards. If it "pulls" one way or the other or the steering feels wobbly, you may want to have your car checked by a professional. ■

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

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The Dodge Omni GLH has been in Mike Draper's family since his grandfather bought it in 1986.

A different kind of classic

Draper inherits Omni from his grandfather

By Eleni Upah

Most men who own vintage cars think of them as a valued treasure, something to show off to their friends and neighbors who come to visit. Mike Draper, founder of RAYGUN, certainly treasures his vintage car, and he keeps it covered in his garage most of the time — but he usually leaves the cover on when he's trying to impress people.

Draper laughs when he explains the 1986 Dodge Omni GLH he inherited from his grandfather last year. His grandpa owned several cars for his seven kids to drive, and Draper used to drive the Omni when he would visit. He says it's not really an attractive car, so not many people wanted them, despite their turbo engines.

"It's a hatchback that could go 0 to 60 faster than almost any car made in the 1980s," Draper says. "You don't see that every day."

Draper points out that the Omni is not a child-friendly car, which is why it doesn't get a lot of drive time in his family of three young boys.

"They call it 'The Race Car' and know they aren't allowed in

it," he explains. But he still keeps it around to drive to work sometimes, and occasionally he'll take people out with him, though he said it sometimes freaks them out to realize they're going 80 mph on the interstate with only a plastic dashboard to protect them.

But Draper finds humor in the quirks of such a unique car.

"I like the entirely red interior," Draper says. "The designers must have just threw a dart at the pantone booklet and called it a day with one toss."

The Omni is a good source of humor for Draper and those who are lucky enough to drive it. He remembers a time when his cousin drove it here from Michigan and put too much coolant in, which cause the car to steam a lot while he was at a gas station. He didn't notice, but an older lady approached him to say his car was on fire. It wasn't, but it still makes for a good story.

The Omni may not be the most practical vehicle, but Draper doesn't mind.

"I figure we'd just keep it in the family forever," he says. "Until it actually catches on fire." ■

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



Bill and Mary Bishop have lived at the corner of 70th and Washington since 1982. Photo by Rainey Cook.

Location and more

Bishops enjoy small-town feel of where they live

By Rainey Cook

The grand home that sits on the northeast corners of 70th and Washington belongs to happy homeowners Bill and Mary Bishop. Having lived here since 1982, they are enjoying the approximately 2,800 square feet of home now just as they did when their two children were young.

"What sold us on this home were the extra-large picture windows, the original brick around the wood-burning fireplace in the living room and the built-in sun room in the back," Mary says. "And we still love this house for the same reasons."

Pointing to their sunroom, Bishop continues that this is their gathering place. Spending three seasons a year out there is easy to do, especially with no bugs.

The entertaining the couple does is mostly for family birthdays, major holidays and any other reason to celebrate. It's a home that gives way to easy, casual and fun get-togethers.

The renovations completed on this home are what make it personal. The couple remodeled the kitchen 25 years ago and is considering doing it again soon.

The four varying sized bathrooms have all seen some sort of remodeling.

The bathroom downstairs has three types of hand-set tile. A more '60s design and feel, the couple decided to keep it, as it's a unique art rarely seen anymore.

The upstairs master bed and bath is now more like a suite with a walk-in closet. The west side bedrooms each have an additional 15 feet added to them. The sunroom has a leak-proof roof now. The back patio and landscaping are all freshly complete as well.

Their home has a smart décor to it — chairs, lamps and small tables with books.

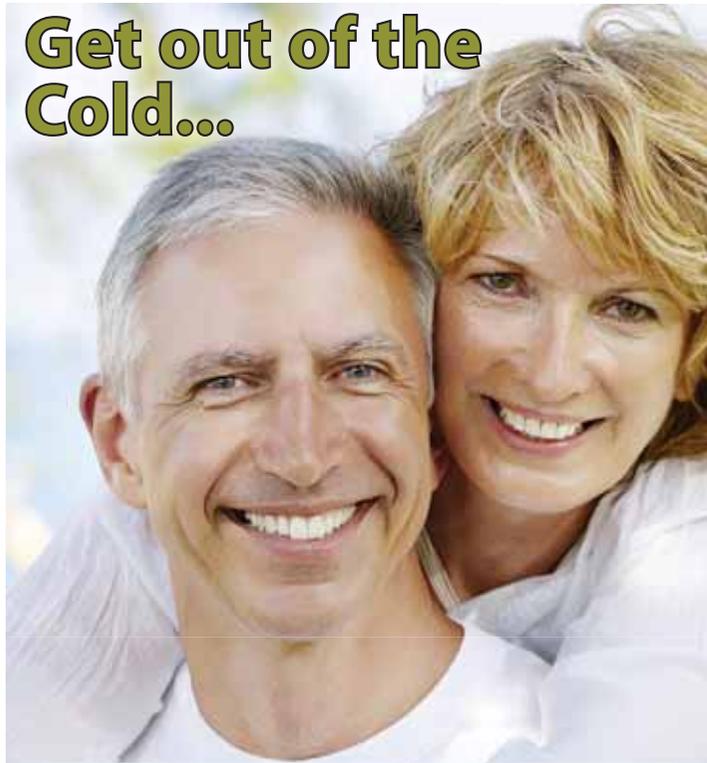
Outside, everyone around them is friendly, and it's easy to gab over the fence. Added to Bishop's list of likes for Windsor Heights is the fast service provided by the city and the resourcefulness of city hall.

The other major bonus for this couple is the location of their home.

"Living in Windsor Heights is like living in a small town right in the middle of the city," Bishop says. ■

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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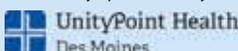


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Wear red

Speak out for heart health on Feb. 6

By Susan Ray, executive director, The Reserve

The month of February is full of the color red. Red roses, red candles and red velvet cake, just to name a few. Most of the color red is associated with Valentine's Day on Feb. 14. However, I would encourage you to mark your calendars for Wear Red Day, which is Feb. 6.

In 2003, The American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year. This is a disease in which most women are ignoring the symptoms. This disease is one that most women believe affects more men than women. This is a disease that women are unaware of their risks. The reality is that one in three women die of heart disease and stroke each year. The reality is that heart disease is the No. 1 killer of women. The reality is that 10 years ago the American Heart Association discovered that heart disease took more women's lives than all forms of cancer combined. I hope at this point I have your attention.

So, now for the good news. During the past 10 years, progress has been documented and improvements in technology in the health care industry have enabled some of the following achievements:

- Overall heart health has improved.
- Awareness of heart disease has increased.
- Unhealthy lifestyle risks have decreased.

We all need to be aware of risk factors and take action to protect our heart health. You



can keep your heart healthy no matter what your age is, but it does take effort, commitment and possibly even some changes in our habits. It's never too late to begin heart healthy habits. As with everything, choose just two or three areas to begin the process to improving your heart health and as those become part of your routine, you can incorporate more changes in your life. Here are just a few tips to get you started.

- Know your risk factors.
- Exercise. Start with twice a week and increase exercise until you are exercising four to five times weekly.
- Quit smoking.
- Diet. Lots of fresh fruits and vegetables. Easy on the salt shaker and limit the saturated fats. Read the labels when grocery shopping.
- Professional guidance. Talk to your physician. Get regular checkups. Become familiar with what "your numbers are." What's your blood pressure? What is your cholesterol?

It's never too late to start living a healthier lifestyle — make a plan. ■

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

Part of the community

Get active at Windsor Heights Lutheran Church

By Chris Kelley

Everyone wants to be involved in their church, but sometimes they just can't find the time. Many are turned off by complicated schedules, multiple meetings and membership requirements. But at Windsor Heights Lutheran Church, becoming connected is as easy as 1, 2, 3.

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

So where do you get started?

Becoming part of a group that matters in Windsor Heights is as simple as showing up. With an array of activities held throughout the week, there's no excuse not to get involved. If you have an interest, there's a group for that — and these meetings are anything but ordinary.

Book aficionados can cram in their readings on Wednesdays at the church while women gather at a varied schedule throughout the month. Those who look to combine good Christian fellowship with crafts can crochet with the church's quilt group or get active with the Prayer Bead Ministry that meets in the Parish Hall. At Windsor Heights Lutheran Church, there really something for everyone.

Getting active in the con-

gregation can also mean giving back to the community. If you've been looking for a way to help out and volunteer, look no further. Windsor Heights Lutheran is active in several mission efforts across the community to help those in need.

Members of the church put on their chef hats when they serve a monthly meal to Central Iowa Shelter and Services and also work to provide aide and donations to Family Promise, an organization assisting the homeless in the metro. The church actively participates in collecting food and donating it to the DMARC Food Pantry, and members have even donned hard hats to help build homes for Habitat for Humanity of Des Moines. Everyone is welcome to participate in these special missions, and the church is always looking for new ideas to give back.

Another way to go the extra mile with Windsor Heights Lutheran is by joining a church committee. The Congregation Council is a board of members who oversee the day-to-day functions of the church. Officials are always looking for help and would love to help new and continuing members get involved in church functions.

Invite, grow and serve are Windsor Heights Lutheran Church's three main goals and by getting involved in any group, mission or committee at the church, you'll have the opportunity to do just that. ■



Stir things up

Tried and true recipe is easy to pull together

By Marchelle Walter Brown

Reading is a favorite pastime for a lot of people, including me. However, sometimes what I enjoy reading is a bit non-traditional — I like to read cookbooks. And I read them just like some folks read a compelling novel. Magazines that include cooking experiences and recipes also interest me.

Because my collection started getting large, I haven't indulged in any new "books" lately and have, instead, started going back through some of my own compilations. I have an assortment of hand-written books which contain only recipes that I've actually made over the years and consider to be tried and true and loved by my family. Recently, I stumbled across an old favorite that I haven't cooked in several years so I thought I'd bring it out of retirement. The prep work is a little time consuming but, if you plan ahead and get the vegetables chopped beforehand, pulling the finished product together takes no time at all.

This stir fry is very flavorful, and even people who say that don't care for Asian cuisine have been known to love it. ■

Family favorite stir fry

Ingredients

- 2 tablespoons olive oil
- 2 pounds round steak (cut in bite-size pieces)
- 2/3 cup water
- 2/3 cup soy sauce
- 2 tablespoons sugar
- 2 cups celery (diced)
- 1-2 cups green onions with tops (chopped)
- 2 green peppers (cut in thin strips)
- 1 red pepper (cut in thin strips)
- 1 cup carrots (sliced thin)
- 2 cans water chestnuts
- 1 can mushrooms
- 1 package frozen stir-fry vegetables
- 2 tablespoons corn starch

3 tablespoons water

Directions

Heat oil in a large skillet. Add beef and cook until browned well. Add all the vegetables except the water chestnuts and mushrooms. Cook and stir until they just start to get tender. Mix water, soy sauce and sugar together; pour over the skillet vegetables and add the water chestnuts and mushrooms. Stir altogether and bring to a boil. Stir corn starch into the 3 tablespoons of water, then stir this into the skillet mixture. Continue to stir until thickened.

Serve over rice and top with chow mein noodles.



Meet Rhonda Johnson

Instructor enjoys teaching practical life skills

By Rainey Cook

Every middle school-aged student should know a teacher like Rhonda Johnson. After two years at Cowles Montessori School, many students here are getting to know why.

Having taught at traditional public schools in Des Moines for 30 years, Johnson made a change to Montessori and, without a doubt, has enjoyed the practical hands-on differences.

She has stayed with the same age — middle school. She enjoys the fact she can still mold them, reinforce fundamentals and watch as they really do change from little kids to young adults.

Certified in industrial arts, Johnson is energized by teaching practical life skills like using a hammer, how to finish a project, how to find a recipe, gather the food and actually make it taste good.

“We built eight picnic tables and used problem solving skills,” Johnson says. “My students learned what an open-ended wrench is, and some students had already used a saw by then.”

The Christmas party was memorable. One of her seventh grade students received a window repair kit. Knowing how important practical application is in life, Johnson smiled as her female student opened the gift. She really won’t know how important a window repair kit is until a window doesn’t function as it should, Johnson continues.

To no surprise, Johnson’s classroom has bandsaws, drill presses



Rhonda Johnson teaches middle school students at Cowles Montessori School. Photos by Rainey Cook.

and sanders on the shelves. One of her goals while at Cowles is to get a woodworking class going.

One of the best things Johnson likes about Cowles is that the kids roll with us, she says. The students are curious and will be engaged in anything new.

“Education is a focus here,” Johnson says. “The support from staff, parents and even the students is amazing.”

As if her list of accomplishments and goals is not enough, Johnson is also a participant in Cowles’ Project Lead the Way grant. Johnson has been trained and is now certified to teach design and modeling where middle school students use Autodesk® design software to create a virtual image of designs and produce portfolios to showcase their own innovative solutions.

When not teaching, Johnson is home on her family farm in Osceola.

“I’m a farm girl at heart,” Johnson says. ■



Deb Bengtson and Megan Christofferson at the ribbon cutting for GiGi’s Playhouse on Jan. 20.



Jessica Parsons and Kate Paulline at the ribbon cutting for GiGi’s Playhouse on Jan. 20.



A ribbon cutting ceremony was held for GiGi’s Playhouse on Jan. 20.



Annie Woiwood and Mia Peterson at the ribbon cutting for GiGi’s Playhouse on Jan. 20.

What do you like best about your teacher?



Jackson Niccum: “She’s very exciting. She always has something new in store for us.”



Jacoby King: “I like how she puts us in her shoes.”



Paige Johnson: “She’s very nice and equally hard on everyone.”

Help seniors with dementia stay engaged

By Clint Rogers, Comfort Keepers

Routine activity that is carefully planned can enrich the lives of those affected by dementia and support them in many ways by helping them stay focused and not wander, easing agitation, maintaining proper blood pressure, blood flow and weight, keeping their minds sharp, potentially slowing down the decline of dementia, warding off depression and building confidence as they begin to lose some of their abilities. It's important to provide ongoing opportunities.

Activities for people with dementia do not have to be strenuous. Senior care experts offer these recommendations:

- Explain the activities beforehand, even if you're not sure the person with dementia can fully understand your instructions.
- Do regular reevaluations of

the person's abilities as his or her dementia progresses so you can adjust activities and avoid frustration or agitation.

- Be aware of limitations, such as eyesight, the need for rest and times of day that work best.
- Focus on enjoyment not achievement, and don't criticize or correct the person.
- Let individuals with dementia know he or she is needed by asking for his or her help during activities.

Some activities that prove beneficial for seniors and help keep them engaged with those around them include the following:

- Talk about past loves and relationships. Bring old out scrapbooks, photos and cards to help get and keep a discussion going.
- Listen to music.
- Create art. Have the individual

sign his or her name on the artworks and give them to facility staff, family, grandkids, and neighbors.

- Bake something sweet. If it is safe, make and decorate cookies using simple recipes or ready-made dough. The smells of baking treats might help bring back memories.
- Make jewelry. In addition to exercising hands, beadwork helps improve and retain the ability to manage details.
- Create with fresh flowers. Buy vases and an assortment of fresh flowers and embellishments the senior can assemble.
- Make gift bags to share. This activity keeps seniors with dementia active in sorting items.
- Finally, keep it fun. Make sure the activities are in line with the person's interests and adjust them to his or her current ability level.

Plan outdoor activities when possible, and vary activities to include mental and physical stimulation, as well as those that stimulate sight, smell, hearing, and touch. ■

References: Alzheimer's Association. (n.d.), *Enhancing daily life: activities*. Aveyard-Barry, Michelle. (n.d.). *Crafts for Alzheimer's Patients*; Bragg, Susan. (2010, Jan. 31). *Activities for Those Suffering from Dementia*; Richmond, Mary. (n.d.). *Activities for Alzheimer's Patients*; Salazar, Gina, AD. (n.d.). *Alzheimer's/Dementia Activities: Fun stuff to do with Alzheimers/Dementia Residents*; Shadowbox Press Blog (2013, Jan. 16). *10 Activities for Alzheimer's Patients*.

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

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Diana Willits and Jolene Goodman at Celebrate Windsor Heights on Feb. 3.



Denise Boring and Monica Dozal at Celebrate Windsor Heights on Feb. 3.

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Celebrate Windsor Heights

First awards dinner is deemed a success

By Michael Libbie, Windsor Heights Chamber president

When we started planning for a Chamber celebration to honor business and our Citizen of the Year, Brooke Wade, we figured if 50 people came to our inaugural event it would be a success. When the counting was done, more than 100 people had attended the event held the first week of February. So many to thank that we'd run out of room, but here are some of the comments from your neighbors:

"I've gone to many of these, and this was the best. Not stuffy; fun and a great time!"

"So impressed at the number of people who came. This was really a classy event, but at the same time friendly."

"What a nice touch with the music and the on-site food prep. Great to listen to and fun to watch!"

"The live auction was great fun, and the people that were doing it were clearly friends and enjoying the time together. Windsor Heights is the best!"

"I can't tell you how much I enjoyed tonight. You folks really did a wonderful job with this event. Thank you!"

If you missed it, we hope that next year you'll come and be part of the celebration.

Chamber membership

Our numbers continue to swell. When we started last year there were about 39 Chamber members and now we number more than 80. A big welcome to Steve and Kristy from Fast Signs of Clive, Clair Family Dental of Windsor Heights, Immanuel Care of Windsor Heights, Knapp Properties of West Des Moines, Plaza Florist and Gifts of Urbandale and Plaza Printers of



Urbandale. See, you don't have to be a Windsor Heights-based business to join, and because people do business with people we know and trust, why not join us?

Speed Networking

Thursday, Feb. 19

The Windsor Heights Young Professionals (WHYPro) will gather for some networking at member 3-E on Thursday, Feb. 19 at noon. Want to learn more? Come on by.

Legislative Coffee

Saturday, Feb. 28

Come out, grab a cup of coffee and visit with some elected officials. Member 3-E is opening up its meeting room to host Sen. Charles Schneider, Rep. Chris Hagenow, Mayor Diana Willits and Polk County Supervisor Bob Brownell. Ask some questions, shake some hands and get to know who is representing you.

Let's connect

You can visit our website, www.WindsorHeightsChamber.com, find us on Facebook, and on Twitter we're @WHChmbr. ■



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