

Windsor Living

april 2015

50324

magazine

WHEN we were KIDS

WINDSOR HEIGHTS RESIDENTS
SHARE SOME CHILDHOOD MEMORIES



LEMON BARS
RECIPE

CLYDE'S BABY
GARAGE

PRSR1 STD
ECRMSS
U.S. POSTAGE
PAID
UMBRELLA MEDIA
BIG GREEN
POSTAL CUSTOMER
UMBRELLA MEDIA
BIG GREEN
5619 N.W. 88th St., # 800
Johanna, Iowa 50131



FOR YOU. AND THEM.

Make time for a mammogram.

One of the best ways you can take care of your family is by taking care of yourself.
Schedule your traditional or 3D mammogram today to help protect your family's tomorrows.

NOW WITH LOW-DOSE 3D TECHNOLOGY!



In Partnership With
UnityPoint Health
Des Moines



ANKENY • CLIVE • DES MOINES IOWARADIOLOGY.COM (515) 226-9810

WELCOME |

The Internet before the Internet

Who would have guessed that so much of a generation could be defined in one publication? Which one, you ask? Not Time magazine. Not Webster's Dictionary. Not even the Bible. No, the most generational-defining publication I know of was delivered to my childhood home each fall, and it soon after had dozens of items circled and pages dog-eared. If you existed in the 1960s and 1970s, you surely had your hands on retail catalogs from companies like JC Penney, Montgomery Ward and Sears.



Those catalogs are where I found the Big Jim Sport Camper, where my sister located her acoustic guitar, and where my dad reluctantly ordered his first leisure suit. These behemoth publications consisted of hundreds of pages and reportedly weighed up to 6 pounds. I am not sure if ours came from the mailman or if Mom

picked them up at the companies' mail order stores, but I can tell you that it was a big day in the Goodman home when those catalogs were first seen. Most of these catalogs ceased publication in the early 1990s, ending 100 years or so of shopping trends. They provided big-city shopping options for those of us in the less populated parts of the country, and they didn't require massive retail structures or overhead that is seen in so many retail outlets today. I recently read an article that referred to these catalogs as "the Internet before the Internet existed." How true. I would dare to guess that they were inside more homes at that time than those who have web access in their homes today.

Without those catalogs, my mother would never have been able to buy me that New Orleans Saints NFL coat. It is also where my Minnesota Vikings knit cap, which I still have today, was ordered. My brother's Tyco slot track racing set... my Mom's first Polaroid camera... the Six Million Dollar Man's Bionic Transport and Repair Station. I could go on and on, and I likely will, thanks to the digital archives of these catalogs on the Internet. Meanwhile, enjoy this month's cover story, which shares similar stories of local residents' memories of "back in the day."

Thanks for reading. ■

Shane Goodman
Publisher

Writers wanted

Would you like to write for this publication? If so, please contact our editor, Darren Tromblay, at darren@dmcityview.com.



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

Iowa
Living
magazines

Kaylynn Coleman
Advertising
515-669-2120
kaylynn@iowalivingmagazines.com



Summer
cityview
Brewfest
at **PRINCIPAL PARK**

SATURDAY, MAY 30
2-4 P.M.
AT PRINCIPAL PARK

**GET YOUR
TICKETS NOW!**

\$30 ADVANCE
\$35 DAY OF
\$40 VIP
EARLY ENTRY
AT 1 PM

CITYVIEWBREWFE**S**
@DMBREWFES****

www.dmcityview.com
or www.iowacubs.com

WHEN we were KIDS

WINDSOR HEIGHTS RESIDENTS SHARE CHILDHOOD MEMORIES

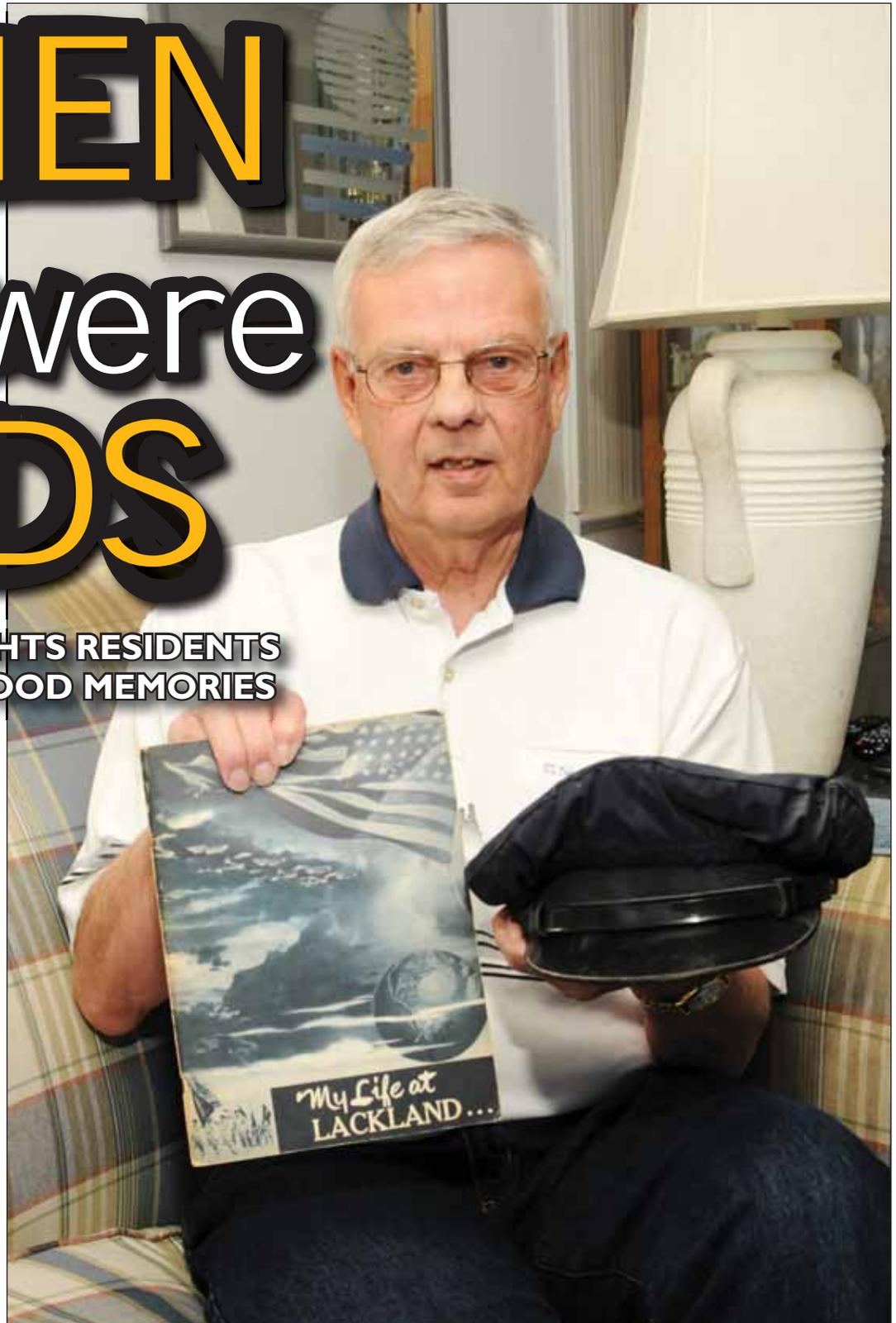
By Courtney Keiser

Jerry Adams grew up in Sioux City during a time when parents didn't worry about their kids being outside for long hours and when entertainment was as simple as walking the bank of the Missouri River with a few good friends.

"We played in the neighborhood," he explains. "In the winter they would flood the park so we could go ice skating. At Riverside Park there was a rollercoaster, pool and stock car racing."

Anyone who grew up in the 1940s will tell you that they walked to and from school, and Adams is no exception. He walked a mile and a half every day during his elementary years. He says class sizes were smaller, and students learned the basics — subtraction, addition and division — without calculators. Distractions from iPads, computers or televisions weren't an issue.

"I remember the first black and white TV in Sioux City," he recalls. "We knew a family in the neighborhood, and we would sneak up to their window and watch it from



Jerry Adams holds the training manual and his uniform cap from when he joined the Air Force after graduating from high school. Photo by Dan Hodges.

FEATURE |

outside.”

As the years progressed, Adams found himself enamored by “The Ed Sullivan Show” and old Westerns like “The Lone Ranger.” He fondly remembers Henry Aldrich and “The Aldrich Family” radio show. His taste in music included Tommy Dorsey and the Glenn Miller Orchestra.

Adams was busy in high school. He played in the band and was on the swim team. For extra money, he picked berries, had a paper route, worked at a golf club and in a printing store.

“In the printing store you just had your individual keys with the ABC’s on it,” he says. “It was all manual; they were called linotype machines.”

Adams and his three sisters were expected to complete chores at home and were responsible for getting places without personal transportation. They rode a transit bus to high school because most teenagers didn’t own cars.

If Adams and his buddies knew someone with a car, they’d track them down for entertainment. The group would pile in and drive around for hours, with no particular destination in mind — just a bunch of friends and the open road.

Adams graduated high school in 1955. He admits to never “going steady” with anyone until he met his late wife Joan in 1957.

“I was in the Air Force in Kansas City,” he recalls. “I had just spent 18 months in the Philippines, so I was skinny and tan.”

The couple married in 1959 and were husband and wife for 51 years before she passed. They moved to Windsor Heights in 1973 with their four young children. The kids attended St. Theresa School and Dowling High School. Adams says the couple strived to raise them in an environment where they could learn from experiences.

Joan was a stay-at-home mom until the early 1970s, active in both the church and schools, while Adams continued in the labor force. He worked for the National Weather Service for 33 years. He recalls many storms but will never forget Palm Sunday in 1965 when tornados tore through Missouri, Illinois, Indiana and Michigan. He continued to work part-time packing clothes and loading trucks for a local distribution center after retiring in 1992.

As most Windsor Heights residents know, the population has remained close to the same for years. The town is enclosed, which doesn’t leave much opportunity for expansion, and this

“I was in the Air Force in Kansas City. I had just spent 18 months in the Phillipines, so I was skinny and tan.”

— Jerry Adams

Check out the NEW 2015 NISSAN ALTIMA

27 MPG CTY 38 MPG HWY

0%
72/MO.
PLUS

\$500 NMAC CASH



HUMMEL'S
Iowa's #1 Nissan Dealer!

4770 Merle Hay Road • Des Moines • 515-253-0719 • 800-652-0048

www.HummelsNissan.com

†Based on 2014 RegTrak sales. ** Based on 2014 final sales. Photos are for illustration purpose only. Offer requires financing and approved credit through Nissan Motor Acceptance Corporation. Based on EPA Highway Mileage for CVT Transmission vehicles. Offers apply to DSM market area.

FEATURE |

is one of the reasons Adams loves the area.

Of course, he's seen plenty of changes in Windsor Heights since his family arrived. He recalls the old Bakers Cafeteria in Sherwood Forest, where his daughter was employed, and the first Mustards restaurant on the south side of 66th and University. He remembers when Lions Park ran from University to the back of City Hall.

Adams can easily name a series of businesses that have come and gone over the years: the Standard Oil gas stations, the Safeway store, Harder's Drugstore, Downs Super Valu and Rolee Photography.

The Hy-Vee on University was an exciting addition to the community 12 years ago. Today, the Apple Valley Shopping Center and Wal-Mart occupy an area that was once open land at risk for flooding.

"At 73rd and University, they were once not allowed to build there because it was a flood plain," Adams explains. "Now they've improved that."

Colby Park also used to flood occasionally when it was open land. The community building, pavilion and trail in the park are now exciting luxuries that Adams enjoys. He adores his home and has no plans to leave the area anytime soon.

"The people of Windsor Heights are great people — the firefighters, the police officers, everyone," he says.

The feeling is mutual. Windsor Heights is extremely grateful for Adams' contributions to the community.

In addition to his 37-year involvement and leadership in the Windsor Heights Lions Club, Adams once filled the role of Windsor Heights Foundation president, has served on a variety of special events committees for the city, was entered into the Wall of Honor for his 41-year commitment to volunteering at the Drake Relays and was named Windsor Heights Citizen of the Year in 2003.

Hard work equals great rewards

When Mark Arends was a child, the most accessible science, geographic or historical information was sought out through encyclopedias and non-fiction library books. Today, his two sons are in college and find that the Internet gives them the best information in the fastest manner.

Arends spent the majority of his childhood in Marshalltown, competing as a swimmer. He didn't have a cell phone or satellite TV. Xbox and PlayStation didn't exist. Instead, Arends played board games.

"I was limited to seven or eight television channels," he recalls. "My boys can watch hundreds of domestic or foreign shows on the TV, iPods, iPhones or tablets. They can talk face to face over Skype and play electronic games with



Mark Arends of Windsor Heights feels that his environment as a child was substantially different from the world his own two college-age sons live in today. Photo by Courtney Keiser.

friends or total strangers with their headsets from inside their homes."

Arends recalls spending many summers at swim meets throughout Iowa. If he wasn't at a meet, he was still at the pool.

His parents were quick to volunteer within the community and instilled this trait in their children. The family often travelled to Minnesota to work on his grandparents' farm.

"We would help with chores, tend to the livestock and work in the garden and apple orchard with my grandmother," Arends recalls. "This is where I gained an appreciation for hard work that brought rewards such as fresh meat, milk, eggs, vegetables and fruit."

Arends was introverted in school; he didn't like to be in front of the class or the center of attention. He was a varsity swimmer in high school and could be found socializing with the academic or concert band kids and the athletes. For fun, he would watch movies with friends at the local drive-in or listen to music by Creedence Clearwater Revival, The Who, The Steve Miller Band, Simon and Garfunkel or Fleetwood Mac.

His favorite childhood television shows were "The Jetsons," "Jonny Quest," "Lassie," and "Rocky and Bullwinkle." As a teenager he stayed up late to tune into "Saturday Night Live" and loved to watch "Hee Haw," "Monty Python," "Baretta" and "Wide World of Sports."

Arends says his dad had a no-nonsense, analytical and hard-working personality. His mother was creative and enjoyed art.

"I attribute my personality traits to my mother and father," he says. "My quietness is like my father. Keep your head down, go to work and don't make waves. From my mother, I learned that there is beauty in nature, and I think this is where my enjoyment of photography comes from."

Arends married his wife Barbara in 1987. The couple embraced an instructive parenting style, similar to their own individual upbringings.

"We wanted each son to make decisions on their own based on what they were taught as to what is right and wrong," Arends explains. "Of course, we had some hard and fast rules that we believed the boys needed to obey, but were relaxed on some things also."

The Arends family lived in Missouri prior to their move to Windsor Heights in 2000. Their boys attended Hillis Elementary, Merrill Middle School and Roosevelt High School.

Arends is an active member and current president of the Windsor Heights Lions Club and has volunteered and contributed to several city events, committees, activities and projects. He appreciates Windsor Heights' quiet nature, cultural and age diversity and its safety. He has embraced the changes he's seen within the area throughout the years.

"When we first moved, there didn't seem to be as many families with young children as I now see around the city," he says. "Also there appears to be more individuals and families from various heritages, which translates to more changes and growth." ■

WH

Windsor Heights
the heart of it all

APRIL 2015
City of Windsor Heights

1145 66th Street, Suite 1 • Windsor Heights, IA 50324
515.279.3662

www.windsorheights.org

2015 CITY-WIDE GARAGE SALE – DEADLINE APPROACHING

The annual Windsor Heights city-wide garage sale will be held on Saturday, May 2, 2015 from 8:00AM to 4:00PM. Don't miss the opportunity to sell your items or find great bargains!

How to Register

Stop at City Hall (1145 66th Street, Suite 1) and fill out a registration form OR email dhockenberry@windsorheights.org and include address, time of sale and a general description of items.

Garage Sale Maps

Maps and listings will be available for pickup at City Hall on Monday, April 27 at 12:00PM. They will also be posted on the City Facebook page, website, Craigslist and sent to the City's mailing list.

Cost

FREE! There is no charge to be placed on the map and included in listings. It is the seller's responsibility for any further advertising. Notice will be placed in City newsletters, Craigslist, Des Moines Register Online Calendar, CVB calendar and other possible media outlets that the city-wide garage sales are being held and how to obtain a map and listings.

Deadline

The registration deadline is Thursday, April 23 at 12:00PM

PLANT EXCHANGE IN PARK

Members of the Keep Windsor Heights Beautiful committee have planned an afternoon in the park for individuals who want to exchange plants, discuss garden concerns and enjoy refreshments while looking forward to a rewarding garden season. The fifth annual Windsor Heights Plant Exchange takes place on Saturday, May 9, from 1:00PM to 3:00PM at Lions Park (under the gazebo behind Windsor Heights City Hall on 66th Street).

This free event gives participants an opportunity to diversify their garden plants and share favorite plants with others in attendance at the exchange. Whether planting an elaborate garden or looking to brighten flower boxes, plant lovers will be able to get new varieties just for sharing their own. In addition to plants, individuals are invited to bring gently used garden accessories and garden art to trade during the event. Stopping by a garden center to purchase new items for the exchange might be an option for some who plan to take part in the day's activities but don't have extra plants from their gardens to share at the exchange.

Lorin Knapp of Windsor Heights, author of the book *A Garden on the Edge*, will speak at 1:30PM. His topic will be monarch butterflies and their habitat.

The plant exchange is open to anyone who wants to participate and requires no pre-registration. The goal of this event is to encourage citizens of Windsor Heights to continue the beautification and improvement of the community.



75TH ANNIVERSARY COMMITTEE

The Windsor Heights 75th Anniversary Committee invites you to join in and help in the planning of activities to be held in 2016. In addition to taking part in this committee, sub-committees will be created to plan, organize and carry out events that will speak to the history of Windsor Heights and help renew enthusiasm in its future. Join us at the planning committee meeting May 5, 5:30PM at the Community and Events center located at 6900 School Street. If you have any questions, please contact the committee at windsorheights75@gmail.com. We hope to see you there!

MARK YOUR CALENDAR, MAY 7 AND MAY 8 IS SPRING CURBSIDE CLEANUP

Is that ugly, green chair from the '90s still taking up space in your basement? If you haven't made that trip to the landfill or if you keep forgetting to buy a Large Item Sticker at the grocery store, then you're in luck! Items MUST be at the curb prior to 7AM on May 7.

To ensure collection, all small items must be contained in a bag or box.

The following items are examples of items NOT accepted:

Appliances, tires, vehicles or major auto parts, building materials, concrete (any size), hazardous waste.

What to do with NOT accepted items?

Appliances – purchase Large Item Stickers from participating stores or City Hall and schedule a curbside pick-up with your hauler, ASI at 964-5229.

Hazardous Waste – visit the Metro Hazardous Waste Drop-Off in Bondurant or attend the Windsor Heights Hazardous Waste Drop-Off event on September 26, 2015 in Colby Park. For additional information, visit www.WhereItShouldGo.com.

ART IN THE HEIGHTS

The City of Windsor Heights presents Art in the Heights on Friday, April 24, 2015 from 4:00PM–9:00PM at the Windsor Heights Community and Events Center located at 6900 School Street. Bring your friends; it's free to attend!



Each artist has donated one of their works for a silent auction. All proceeds will benefit Windsor Heights Special Events. Enjoy an evening of great art from the following Central Iowa Artists:

JEFF HAYS - Pottery, CURT STAHR - Photography, NICOLE JAMES - Prints and Mosaics, JOHN JENTSCH - Photography, ALYSSA TAUBER - Prints, DEB JURSHAK - Sculpture, MELINDA KABEL - Pyrographics, JIM HUBBARTT - Pottery, DOUG FLETCHER - Paintings, MARY ELLEN KIMBALL - Lithography, SUSAN MOORE - Paintings, MICHAEL LANE - Mosaics.

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

CALENDAR

Thursday April 16

- RHS Golf: Girls JV/V Meet vs. Des Moines East, 3:30 p.m., @ Waveland Golf Course
- RHS Tennis: Boys JV/V vs. Des Moines East, 4 p.m., @ Des Moines East High School
- RHS Tennis: Girls JV/V vs. Des Moines East, 4 p.m., @ Waveland Tennis Courts
- RHS Track: Girls 9/V Invitational, 4:30 p.m., @ Urbandale
- RHS Track: Boys Varsity Invitational, 4:30 p.m., @ Waukee
- RHS Soccer: Boys 9/JV/V vs. Ankeny High School, 4:45/6:15 p.m., @ James Cownie Soccer Complex
- DCHS Soccer: Boys 9th vs. Ankeny Centennial, 3:45 p.m., @ Dowling
- DCHS Tennis: Girls JV/V vs. Southeast Polk, 4 p.m., @ Dowling
- DCHS Tennis: Boys JV/V vs. Southeast Polk, 4 p.m., @ SEP
- DCHS Track: 9/JV/V Invitational, 4/4:30 p.m., @ Urbandale
- DCHS Soccer: Girls 9/JV/V vs. Ankeny Centennial, 4:45/6/7:30 p.m., @ Northview MS
- DCHS Soccer: Boys JV/V vs. Ankeny Centennial, 5/6:30 p.m., @ Dowling
- DCHS Special Olympics, 6:15 p.m., DCHS Big Gym

Friday April 17

- RHS Tennis: Girls JV/V vs. Norwalk, 4 p.m. @ Waveland
- DCHS Track: 7/8th vs. TBA, @ Dowling
- DCHS Tennis: Girls JV/V vs. Ames, 4 p.m. @ Dowling

Saturday April 18

- 7th Annual Shred-Fest Event at St. Pius X. The St. Pius Marketing Committee, in partnership with Shred-it, will offer drive-thru secure document destruction of confidential and general paper documents at St. Pius X parking lot, 8:30-10:30 a.m.
- 5K for 5 Charities, All race proceeds benefit 5 Iowa charities that focus on crime victim aid and advocacy. Raccoon River Park
- RHS Soccer: Boys Varsity Invitational, 10 a.m. @ James Cownie

Complex

Sunday April 19

- Iowa State Patrol Half Marathon, 5K, 10K, Somerset Park
- Earth Day at the Junction 5K R/W & Kids Fun Run, 9 a.m., Theatrical Shop on 5th St in Valley Junction

Monday April 20

- City council, 6-8 p.m., City Hall
- DCHS Track: Girls JV/V Invitational, 4 p.m. @ Dowling

Tuesday April 21

- The Grand Blue Mile, West Locust St. in Downtown
- RHS Tennis: Boys JV/V vs. North, 4 p.m. @ Waveland
- RHS Soccer: Girls 9/JV/V vs. Valley, 4:45/6:15 p.m. @ James Cownie Complex
- DCHS Soccer: Boys 9th vs. Ankeny Centennial, 4 p.m. @ Dowling
- DCHS Tennis: Girls JV/V vs. Valley, 4 p.m. @ Dowling

Wednesday April 22

- Planning and Zoning, 4:30-6:30 p.m., City Hall

Thursday April 23

- RHS Golf: Girls JV/V vs. Urbandale, 3:30 p.m. @ Waveland
- RHS Tennis: Boys Varsity vs. Lincoln, 4 p.m. @ Roosevelt
- RHS Soccer: Boys Varsity vs. Bondurant, 4:45 p.m. @ James Cownie Complex
- DCHS Golf: Girls JV/V vs. Valley, 3:30 p.m. @ Blank Golf Course
- DCHS Soccer: Boys 9th vs. Southeast Polk, 3:45 p.m. @ Dowling
- DCHS Tennis: Boys JV/V vs. Waukee, 4 p.m. @ Dowling
- DCHS Soccer: Boys JV/V vs. S.E. Polk, 5/6:30 p.m. @ Dowling

Saturday April 25

- KWHB Spring Cleanup. Windsor

Heights' residents and friends are invited to join together in cleaning parks, trails, and other litter-prone areas in Windsor Heights. Meet at the white tent located north of Burger King on 73rd Street. Bags, gloves and litter tongs will be provided as well as coffee, water and pastries. 8:30 a.m.

Sunday April 26

- Drake Relays Road Races presented by HyVee, 1/2 Marathon, 10K & 6K, 8 a.m., Drake University

Tuesday April 28

- RHS Soccer: 9/JV vs. Hoover, 4:45/6 p.m. @ James Cownie Complex
- DCHS Golf: Girls JV/V vs. Urbandale, 3:30 p.m. @ Blank Course
- DCHS Tennis: Boys JV/V vs. Urbandale, 4 p.m. @ Dowling
- DCHS Soccer: Girls JV/V vs. Ames, 5/6:30 p.m. @ Dowling

Thursday April 30

- RHS Soccer: Girls Varsity vs. Indianola, 4:45/6 p.m. @ James Cownie
- DCHS Tennis: Girls JV/V vs. Roosevelt, 4 p.m. @ Dowling

Friday May 1

- RHS Tennis: Boys JV/V vs. Dowling, 4:15 p.m. @ Waveland

Saturday May 2

- City Wide Garage Sale. Maps and listings will be available for pickup at City Hall on Monday, April 27 at noon. They will also be posted on the City Facebook page, website, Craigslist and sent to the City's mailing list, 8 a.m. - 4 p.m.,
- Give It Away 5K. Our event includes a chip timed 5K, one mile honor walk, and memorial balloon launch. All proceeds are donated locally to Unity Point Hospice to support the Comfort Therapy program, which includes art, music, massage and pet therapies, 9 a.m., Water Works Park



CALENDAR

- DCHS Track: 7/8th vs. TBA, 10 a.m. @ Dowling
- DCHS Soccer: Boys Varsity vs. Creighton Prep, 11:30 a.m. @ Hidden Valley

Monday May 4

- Council Meeting, 6-8 p.m., City Hall
- RHS Soccer: Boys 9/JV/V vs. East, 4:45/6 p.m. @ James Cownie Complex

Tuesday May 5

- DCHS Soccer: Boys 9th vs. Waukee, 3:45 p.m. @ Dowling
- DCHS Tennis: Boys JV/V vs. Johnston, 4 p.m. @ Dowling
- DCHS Soccer: Boys JV/V vs. Waukee, 5/7 p.m. @ Dowling

Wednesday May 6

- Blind Beer Tasting at Windsor Heights Hy-Vee. Join WHYPro and the Windsor Heights Chamber for a blind beer tasting featuring 515 Brewing and Confluence Brewery. Purchase a flight of beers and try, 4:30-7 p.m.

Thursday May 7

- Annual Curbside Cleanup
- RHS Tennis: Girls JV/V vs. Ottumwa, 4 p.m. @ Waveland
- RHS Soccer: Girls Varsity vs. North, 4:45 p.m. @ James Cownie

Friday May 8

- Annual Curbside Cleanup

Saturday May 9

- Annual Curbside Cleanup
- KWHB Plant Exchange. Members of the Keep Windsor Heights Beautiful committee have planned an afternoon in the park for individuals who want to exchange plants, discuss garden concerns and enjoy refreshments while looking forward to a rewarding garden season. 1-3 p.m., Lions Park
- RHS Prom, 8 p.m., Scottish Rite Temple

Monday May 11

- 10/60 Meeting. Residents are encouraged to attend. They will have 60 minutes to ask their mayor and administrator any 10 questions they want. 5:15-6:15 p.m., Windsor Heights Community and Events Center,
- RHS Tennis: Girls JV/V vs. Ankeny, 4 p.m. @ Waveland
- RHS Soccer: Girls JV/V vs. Lincoln, 4:45/6 p.m. @ James Cownie
- DCHS Soccer: Girls JV/V vs. Fort Dodge, 5/6:30 p.m. @ Dowling

Tuesday May 12

- DCHS Golf: Girls JV/V vs. Waukee, 3:30 p.m. @ Blank Course
- DCHS Soccer: Girls 9/JV/V vs. Marshalltown, 3:45/5/6:30 p.m. @ Dowling

Thursday May 14

- RHS Soccer: Girls JV/V vs. Iowa City Regina, 5 p.m. @ James Cownie
- RHS Spring Orchestra Concert, 7 p.m., Auditorium
- DCHS Soccer: 9/JV/V vs. Johnston, 3:45/4/5/5:45 p.m. @ Dowling

Friday May 15

- Perkins Carnival. Food, games, bounce houses, prizes and more. Proceeds from the carnival will go toward improvements to the school playground, 5-8 p.m., Perkins Elementary

Saturday May 16

- WHAMM & Pancake Breakfast, 33rd Annual Windsor Heights Mini Marathon. New course. 5K run supporting Girls On the Run a Des Moines YMCA project. Start and finish at Colby Park. You will receive a T-shirt and pancake breakfast with registration. 8 a.m.-12 p.m.
- DCHS Track: 7/8th Meet, TBD @ Dowling

Sunday May 17

- DCHS Track: 7/8th Meet, TBD @ Dowling

Monday May 18

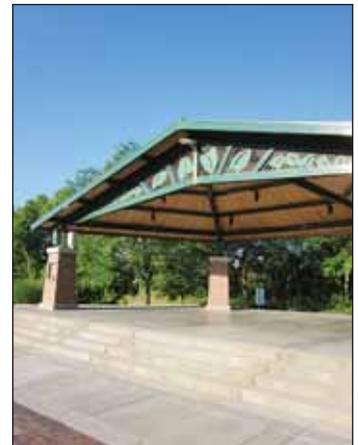
- Council Meeting, 6-8 p.m., City Hall
- RHS Soccer: Boys JV/V vs. Ottumwa, 5:30/7 p.m. @ James Cownie

Thursday May 21

- RHS Golf: Girls JV/V vs. Knoxville, 3:30 p.m. @ Waveland
- RHS Soccer: Boys Varsity vs. Boone, 4:45 p.m. @ James Cownie
- DCHS Golf: Girls Varsity Tournament, 9 a.m. @ Blank Golf Course

Promote your event!

Have a calendar entry for the next issue of Windsor Heights Living? Send your information to: calendar@iowalivingmagazines.com.



LUDWIG ROOFING INC.
est. 1985
Residential Roofing
"We Hand Nail"
A+ RATING WITH BBB ACCREDITED BUSINESS
INSURED
Free Estimates
270-9643
Windsor Heights

UPCOMING HOME GAMES

APRIL	23-24	New Orleans Zephyrs
	30	Oklahoma City Dodgers
MAY	1-3	Oklahoma City Dodgers
	8-11	Colorado Springs Sky Sox
	12-15	Nashville Sounds
	21-24	Tacoma Rainiers

FIREWORKS EVERY FRIDAY NIGHT!
Complete schedule online iowacubs.com

SOMETHING FOR EVERYONE!
CALL 515.243.6111 OR iowacubs.com TO ORDER TICKETS!

Holding title to real estate

Details of joint tenancy and tenancy in common

By Ross Barnett, attorney, Abendroth and Russell Law Firm

Our firm often sees errors in drafting deeds that create problems for owners of real estate. There are two ways of holding title to real estate in Iowa: joint tenancy and tenancy in common.

Joint tenancy is a form of ownership where all of the owners hold title together. Joint tenancy has a right of survivorship; when one owner dies, the interest is extinguished and the other owners assume the ownership. Usually, all that is required is to record an affidavit reciting that one owner died and that title is vested in the remaining owners.

Tenancy in common is a form of ownership where each owner holds an undivided interest in the property. Unlike joint tenancy, the

interest of a tenant in common does not terminate upon death. This means that upon the death of an owner, the interest passes to the decedent's estate. Often, it is necessary to probate the decedent's estate to move an undivided interest to heirs.

The problem arises because, until recently, Iowa law presumed tenancy in common. If a married couple took title as John Doe and Jane Doe, without the specific addition of "as joint tenants with full rights of survivorship and not as tenants in common," then they each own 50 percent of the property. If John were to die, his estate would have to pass through probate so that the court system could approve the transfer of half of the property to his heirs. It is especially



frustrating if that heir is Jane, his surviving spouse. The failure to create joint tenancy at the time the property was purchased can create a problem that can only be solved through a time-consuming and expensive legal solution.

On July 1, 2014, Iowa Code 557.15 was changed to redress this problem. For all deeds executed after Jan. 1, 2015, if the grantees are

married, it creates a presumption of joint tenancy, instead of tenancy in common.

The new law is designed to prevent the probate of a deceased spouse's estate in order to convey half a house. However, the law is prospective — it applies only to deeds executed on or after Jan. 1, 2015. Older deeds that have incorrect vesting language can still create problems for clients. It is important that you understand the differences in types of ownership so that you can ensure that you hold title to your property correctly. ■

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

ARE YOU READY?

TIME BRINGS CHANGES...

DO YOU NEED RETIREMENT PLANNING?

ESTATE PLANNING? POWER OF ATTORNEY?

SEE US FOR HELP WITH

- Probate ■ Real Estate ■ Estate Planning
- Guardianships and Conservatorships
- Medicaid Planning ■ Small Business Representation



SUPERIOR SERVICE. LEGAL SOLUTIONS.

EXPERIENCED ATTORNEYS SINCE 1987



ABENDROTH and
RUSSELL LAW FIRM

2560 - 73rd Street ■ Urbandale
515.278.0623 ■ www.ARPCLaw.com



Clyde Leonard calls his 1973 Mercury Cougar his "boy toy." Photos by Lisa Verhey-Budding.

Clyde's baby

The personalized license plate says it all

By Lisa Verhey-Budding

Retired business owner Clyde Leonard of Windsor Heights considers his 1973 Mercury Cougar XR7 Convertible his baby, all right. He has even referred to the shiny, red beauty as his "boy toy."

The timeless hunk of steel with its creamy, white rag top sits boldly with pristine perfection on the Leonards' property. You can't help but turn your head and recognize what a cool car they have sitting there.

"It was odd how I came to own the car," Leonard says. "I was originally looking for a Mustang of this vintage. Then, just browsing through the ads, I came across the Mercury listed in the foreign car section of all places."

Leonard, the second owner of the car, has had it since 1985.

"I had the engine rebuilt and replaced the rear quarter panel. Also some cosmetic interior such as having the seats redone," he says.

Leonard says he is the only one who drives the car, and only drives it 200 miles a year at most. A vintage car is treated quite gen-

erly compared to that of newer makes. Leonard chooses his days according to weather, of course, and pretty much whenever the mood strikes him.

"And, when I do drive, the top comes down as much as possible," he says.

Throughout the years, Leonard has had many vehicles. The Cougar has him smitten for sure and has stood the test of time. The collectable car is an addictive hobby to have, and sometimes becomes just too much for a person to handle after a while.

"I decided to keep the car I favored most, and got rid of the rest," he says. "It was time."

The fabulous warm weather has been tempting Leonard to grab his golf clubs, toss them into his sporty convertible and hit the road to the nearest golf course. So if you are in Windsor Heights, and see a gorgeous '73 Mercury Cougar convertible with the name "Clyde" written on the plate, give him a friendly wave of "hello" and relish the life of a man enjoying his retirement in style. ■

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

Meet Abby Tierney

Teacher enjoys sharing her interests with students

By Rainey Cook

The month of April has many exciting things planned for Clive Elementary teacher Abby Tierney and her fifth-grade students. They start studying the Civil War, explorers of the time and the colonies. In science they'll study volcanoes and tsunamis. The students will build a volcano at home and erupt it at school. They visit Des Moines Area Community College in Ankeny to study water cycles, listen to speakers and view presentations.

It's a busy month. Once everyone adjusts their energy and settles in for the daily routine, it's nice to know there is a bit of time to get to know each other.

"I like their sense of humor," says Tierney. "My fifth graders are interested in my life and sharing theirs, and it's easy to be in a relationship with them."

At this age Tierney also mentions that they like to be challenged. They often ask "What else do you have for me?" which leads Tierney in a creative direction. With energy like this, it's easy to find leaders.

She practices with the entire class to work in groups and wants everyone to actively participate. This is where she finds her leaders and puts them to work. And so her fifth graders grow.

Tierney is also excited for next year as each one of her fifth graders will have his or her own laptop. With this she'll get them used to doing their own research



Abby Tierney teaches fifth grade at Clive Elementary. Photos by Rainey Cook.

online and even practice typing.

Regardless of what year it is, all her fifth grade students will remember that she is an avid Drake football fan. She has various Drake football memorabilia hanging in her room. Again, she enjoys sharing her football friends with her fifth graders. One of the best parts was having actual Drake football players come to their classroom and read to them. Now, that's sharing an interest.

What she likes best about Clive Elementary is the diversity of staff, students and families and that there is a strong sense of community present.

In her spare time, it's no surprise to see Tierney at Drake football games. She also practices yoga. Tierney is originally from Minneapolis. She's already looking forward to gathering with her family at their cabin for the summer. ■

What do you like best about your teacher?



Payten Neswold:
"She's a very good teacher and very fun to be around."



Amanda Le:
"She encourages us to learn and wants us to keep going."



Caden Hutch:
"She's very fair and tries to make things fair for everyone."

Springtime treat



Refreshing lemon bars are super easy

By Jan Allen

Spring has sprung! Winter's tired north winds are beginning to give way to the warm breath of southern breezes, and thawed ground yields tulips, daffodils and dandelions. The frogs are croaking and the bees are buzzing.... I love spring.

I was looking through my recipe collection for something that spoke "spring" to me and came across this recipe for lemon bars. The recipe is on a large index card that was handwritten by my mama. She passed away 10 years ago, and seeing her handwriting brings back such precious memories of her. She was a wonderful, spunky little lady who loved to bake, and she taught me well, as I share that love of creating yumminess in my kitchen and sharing it with others as she did so often. I grew up on a farm, and practiced baking almost daily in the summer. My dad baled small square bales of hay and hired several high school boys to help. My job was to provide cookies and iced tea in the afternoon to those hungry guys. I never tired of baking. These lemon bars are easy, light and refreshing. The bottom layer is a buttery, flaky crust topped with a sweet lemony goodness on top. Did I mention easy? They are super easy and are pretty simple, using only six ingredients. Enjoy this beautiful Iowa springtime season, and I hope you can give this refreshing lemon treat a try. ■

Lemon bars

Crust

1 cup butter (room temperature)
1/2 cup powdered sugar
2 cups flour

Cut these three ingredients together like pie crust. Pat in a 9x13 inch pan. Bake at 325 degrees for 15 minutes. (Be careful not to bake too long or crust will get too brown.)

Lemon filling

4 eggs
Scant 2 cups sugar
5 tablespoons lemon juice (fresh lemon or reconstituted is OK)
Beat these three ingredients together well. (It will be watery) Pour over crust, bake at 325 degrees for about 25-30 minutes. (The top will be set). While warm, sprinkle with sifted powdered sugar.

Pin it!



STORIES

Stories Journal is a Web add-on from Walnut Creek Church in Windsor Heights.

Stories that matter

Church proves there is a story in every pew

By Chris Kelley

Today's consumer is always looking for extras, and Christians are no different. When the church service is over, it doesn't mean that you stop learning and growing in Christ for the week. Church members at Walnut Creek in Windsor Heights are in luck, however. Web add-ons are just part of the package for worshipping in a community connected to Christ. One of the most unique and interactive specials is Stories Journal.

**Walnut Creek Church
Windsor Heights**
www.WalnutCreekChurch.org/Windsor-Heights
900 64th St.
Sunday services:
9, 9:30, 11 a.m. and 12:45 p.m.
(Spanish)

"But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin." 1 John 1:7

"Lives made new" is the focus of Stories Journal, an online blog inspired by Christ and the congregation of Walnut Creek Church. Focus is zeroed in on daily devotion, family-friendly activities and extra lessons and readings for members of the church. The blog is not simply a Windsor Heights initiative, but is an effort from all the Walnut Creek chapters in the metro and a way to spotlight

good things, good people and good events in the community.

The blog features writings from church members, including Jackie Wallentin, a production designer and writer for Walnut Creek Church. Other bloggers and church members contribute to the unique online journal as well. Although the focus is Christ-driven, there's a little something for everyone to be found within the digital pages.

Blog followers and bookworms alike can catch up on their reading by checking out Walnut Creek-approved readings, write-ups and posts shared on Stories Journal that compliment or contribute to the week's teachings. Visitors can learn about church-sponsored missions and read inspiring stories of Christ-driven change in the lives of everyday people. Stories Journal is not only a great way to find additional readings and stories, but an excellent way to see how Christ is shaping others in the Walnut Creek community.

Stories Journal has a special section dedicated to features, exclusives on Walnut Creek metro community members who are using their Christ-given gifts to give back to the church and the community. These journal entries aren't just extra entertainment or a quick read on a slow lunch hour. Stories Journal can serve as living proof of the assets that one church, one God and so many followers can provide to the Des Moines and beyond. ■



Dudley and Claudia Brollier and their 1971 home built by Jerry Grubb. Photos by Rainey Cook.

One of a kind

Couple reminisces about their home purchase

By Rainey Cook

There was a time when 73rd Street was the last paved street in Windsor Heights. West of that was farmland and cornfields. This was about the same time that homeowners Dudley and Claudia Brollier had the opportunity to pick out the colors of the shag carpet for their new home.

"I got to pick out all those colors," Claudia says. "We had orange, green and gold all through the house."

With four young children, the couple bought their new home before it was even built. They were eager to move out of their 700-square-foot bungalow. Their new home was complete in 1971.

Although the rest of the neighborhood was touting a Colby brick or a Troutman-built home, this particular Colonial-style home was one of a kind and built by Jerry Grubb.

Claudia remembers moving into the neighborhood and being the only family with young children.

"Most of the other homeowners were many years older than we were at the time," she says.

And so life on Colby Avenue for the Brollier family started and

played out all through their four children's lives. The couple put in an above-ground swimming pool with wrap-around deck.

"There were probably 50 children who learned how to swim in our pool," Dudley says.

In 1990 the couple tore out the kitchen, repurposed the cupboards and moved the sink and refrigerator. They added laminate floors throughout the house and moved the pool to their daughter's home in Bondurant.

Spring is here, and they await hostas, perennials, tulips and daffodils. Their knock-out roses were new last year. Now that the pool is gone in the backyard, there is more mowing.

"The neighborhood has turned over at least once in the past 35 years," says Claudia. "Now we are watching young families with strollers move in."

They like Windsor Heights for many reasons. It's safe, quiet and comfortable. They appreciate clean streets in the winter, the excellent police and speedy fire department. Like many Windsor Heights residents, they enjoy Colby Park.

They may not have shag carpet anymore, but this house on Colby Avenue is still one of a kind. ■

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.

PLANNED PARENTHOOD
BOOKSALE 2015 

APRIL 16-20
4-H Building
Iowa State Fairgrounds

APRIL 16
\$10
adult /child
admission

FREE
admission
all other
days!

BOOK SALE HOURS:
Thursday, April 16..... 3 p.m. – 9 p.m.
Friday, April 17 9 a.m. – 9 p.m.
Saturday, April 18 9 a.m. – 9 p.m.
Sunday, April 19 9 a.m. – 6 p.m.
Monday, April 20 9 a.m. – 6 p.m.

FINANCE |

Tips for some financial ‘spring cleaning’

We’ve just about arrived at spring, the time when many people spruce up their homes, yards and other parts of their surroundings. This year, why not extend that practice a little further and give your financial and investment environment a good “spring cleaning”?

Here are a few suggestions for doing just that:

- **Reduce duplication.** If you’ve ever worked to “de-clutter” your home, you may have discovered a lot of extraneous items. As you look through your investment portfolio, you might also find some duplication, perhaps in the form of multiple stocks of companies in the same industry. You might want to consider whether you’d be better off by reducing this concentration and using the proceeds to broaden your investment mix.

- **Repair your “roof.”** As part of your exterior spring-cleaning efforts, you might examine your roof to determine if it needs repair. A strong roof is essential to protecting your home. Your financial foundation needs protection, too, so review your life and disability insurance to ensure they are still adequate to meet your family’s needs. You also might want to consult with a financial professional for ways of dealing with the potentially devastating costs of an extended nursing home stay or another type of long-term care.

- **Plant some “seeds.”** Spring is a good time for re-seeding parts of your lawn that may be bare. You may also find areas that are somewhat barren in your financial landscape. For example, you might be adequately



funding your own retirement goals through your employer-sponsored retirement plan and other investments, but are you putting away enough money for your children’s college education? If not, you might need to “plant some seeds” for potential growth by investing in a college savings account, such as a 529 plan.

- **Update your “furnishings.”** When you bought and arranged your home’s furnishings, they might have been perfectly suited for your needs. But now, many years later, your situation may be quite different. To reflect changes in your family situation, employment, economic circumstances, retirement goals and other factors, you will need to periodically review your financial strategy and your investment portfolio, and make adjustments as needed.

Tidying up your living space may help improve your overall outlook on life. The same might be said of a financial spring cleaning, and you won’t even need a mop. ■

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

www.edwardjones.com

Life Insurance Is an Essential Part of Caring for Your Family

As a parent, having a life insurance policy is a critical component to helping your family feel secure. At Edward Jones, we meet with you face to face, so we can get to know you, your entire financial picture and the type of legacy you’d like to leave. That way, we can help find the life insurance policy that best suits your family’s unique needs.

To learn about the wide range of life insurance products we offer, contact your local Edward Jones financial advisor.

Edward Jones operates as an insurance producer in California, New Mexico and Massachusetts through the following subsidiaries, respectively: Edward Jones Insurance Agency of California, L.L.C., Edward Jones Insurance Agency of New Mexico, L.L.C., and Edward Jones Insurance Agency of Massachusetts, L.L.C.

This literature is intended to promote and assist in the sale of life insurance or annuities. Talk with me about the various insurance and annuity products offered through Edward Jones.

 **Matt Kneifl, CFP®, AAMS®**
Financial Advisor
1100 73rd Street
Windsor Heights, IA 50324
515-279-2219

www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

INSURANCE |

Protect your property from power surges

Lightning strikes can cause much damage

By Matt Cale, State Farm agent

Maybe you know this story: There's a thunderstorm. Lightning strikes nearby. The power cuts out for a moment, then returns. But when you try to switch on the TV, it doesn't seem to work.

In the United States, power surges are responsible for hundreds of millions of dollars of property damage every year.

How does a power surge cause damage?

Most homes use electrical power in the form of 120-volt, alternating current. However, the voltage is not delivered at a constant 120 volts. The voltage oscillates from 0 to a peak voltage of 169 volts. During a power surge, the voltage exceeds the peak voltage of 169 volts. An increase in voltage above an appliance's normal operating voltage can cause an arc of electrical current within the appliance. The heat generated in the arc causes damage to the electronic circuit boards and other electrical components.

Where do power surges come from?

Power surges can enter a home through several pathways; they can take the path of the cable, the incoming telephone lines or the incoming electrical service line. Power surges can also originate inside the home when large appliances like air conditioners and



refrigerator motors turn on and off.

How can I protect my property?

Point-of-use protection and special electrical outlets, combined with service entrance surge protection devices can protect your home from all but the most powerful of surges. Using a service entrance surge protection device provides protection for your entire electrical system, including motors, lights, outlets, light switches and all the other "hard wired" items in the house that do not plug into an electrical outlet and can't be connected to a point-of-use surge protection device

Direct lightning strikes are powerful enough to overwhelm even the best surge protection. That said, the ultimate surge protection is to unplug equipment from the wall if you suspect a surge might be coming. ■

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

unique things

an eclectic mix of gift items & home decor

- new gifts under \$20
- new home & yard decor
- locally made gifts & more!



COUPON
20% off
any one new thing!

things
on douglas

SOME EXCLUSIONS
EXPIRES 5/30/15

things
on douglas

7611 douglas • urbandale • 252.6250

MONDAY-FRIDAY 10-5:30 • SATURDAY 10-5 • SUNDAY 12-4

Providing Insurance and Financial Services

Matt Cale
Agent



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

YOUR BRIDGE TO RETIREMENT



Is Retirement Living in your Future?
Don't know where to start when
planning your Retirement?

JOIN US

Thursday April 16, 1:00 - 3:00PM

1:00 PM Create a Retirement Lifestyle Plan

Presented by **Mary Eikenberry, Realtor®, SRES**
FROM COLDWELL BANKER MID-AMERICA GROUP REALTORS®

- Where do I start planning my retirement?
- Protect Your Assets
- Home Equity –What is it? Why is it so important?
- When to sell your home, downsize and declutter
- Legal & Financing Myths
- Capital Gains and Inheritance Taxes

1:45 Senior Housing Basics

Presented by **Terri Smith, Sr. Housing Advocate**
LiveWell Seniors

- Retirement Communities – What are you looking for?
- Top 10 questions to ask Retirement Housing Communities

2:15 Refreshments and Tour The Reserve

Call to Reserve Your Spot 515.727.5927



2727 82nd Place

Just East of 86th Street and
North of Hickman Road

www.ReserveUrbandale.com

16 Windsor Heights Living



Urbandale Chamber of Commerce
2015 Member in Good Standing

Proudly sponsored by



APRIL | 2015

www.iowalivingmagazines.com/windsorheights

SENIOR LIVING |

Discovering purpose

What will you do in the second half of life?

By Susan Ray, executive director, The Reserve

During the first half of our lives, our purpose can be very clear. Our profession, our career generally is one of those purposes that rank near the top. Really, when we go to work every day, it is generally where we spend most of the hours in a day. Many people have a purpose to a significant other, family members and the list goes on and on. We have a whole list of purposes

So what happens when you reach the point of having worked 30, 40, 50 years? The time comes when you can retire from your position. Sounds appealing, right? After all, it's something that you've worked hard for all those years, and you've looked forward to a time when you didn't have to go to work every day. You may have a feeling of accomplishment. You contributed great things to your employer and were successful. All this can be true for many people. Others are faced with questions or uncertainties. There may be a feeling of loss identity and affiliation.

The search for purpose in the second half of life can be trying. Stephen Covey, author of "7 Habits of Highly Effective People" suggests "Writing or reviewing a mission statement changes you because it forces you to think through your priorities deeply, carefully, and to align your behavior with your beliefs."

To help you begin the discovery process for a purpose in the second half of life, I'll list of few questions that are intended to guide you into the mode



of thinking what your purpose might be. Get some paper and a pen. Choose the location with the intention of really focusing on the questions and give honest answers. Try to limit your interruptions during this exercise. As you are answering the questions, take time to reflect and project, consider all options and write them down.

- What do you enjoy so much that you lose track of time?
- What makes you feel good about yourself?
- Who inspires you, and what are the qualities that inspire you?
- What do people ask you to help with?
- If you could teach, what would you teach someone else?
- What makes you smile or laugh?
- What skills and gifts do you have that you're good at?
- What causes do you believe in?
- Given your resources of talents, gifts and passion, how would you like to serve, to contribute? Until next time... ■

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

WHAMM is back

Mini-marathon is set for May 16

By Michael Libbie, Windsor Heights Chamber president

Grab your running shoes — the 33rd Annual Windsor Heights Annual Mini-Marathon (WHAMM) is back and better than ever. New route, new folks and new ideas. This year the successful WHAMM will start and end at Colby Park. The 5K gets underway at 8 a.m. on May 16, and our member organization, the Walnut Creek YMCA, is in charge of the event. Participants receive a WHAMM T-shirt, race food and water and (this is very cool) a ticket to the Windsor Heights Fire Department Pancake Breakfast that is also taking place at Colby Park!



Proceeds from WHAMM will go to benefit Girls on the Run of Polk County. Girls on the Run is a physical activity-based positive youth development program for girls in third through eighth grade. The program teaches life skills thorough interactive lessons and running games. The goal of the program is to assist girls in giving them confidence through accomplishment while establishing a lifetime of appreciation of health and fitness. Our local Girls on the Run is an affiliate of Girls on the Run International, which has a network of more than 200 councils across the United States and Canada.

Registration is \$25 through May 8 or \$35 between May 9 and 16. Register on Facebook; just look for Girls on the Run Polk County or simply Google WHAMM. Yes, strollers, dogs and walkers are welcome, and there will be a Kids Fun Run following the 5K. No registration for kids is necessary!

Beer here May 6

Our members, Hy-Vee and 515 Brewing, are helping us with an After Hours on May 6. It is going to be a blind beer tasting on their patio. Confluence and 515 Brewing will be pouring a flight of beers to see who can name the beers. There will also be a short education class of how different beers get their taste and how to talk beer.

Celebrating new members

People do business with people they know and trust. We welcome some new members to the Windsor Heights Chamber. Welcome FIT, Tu Es Belle Salon and Studio, Windsor Heights Publishing and Sullivan Counseling. You can learn more about them and all our members by going to our website. Welcome!

Let's connect

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



Kim Fankhauser, Carolyn Nagel and Dave Nagel at the West Side and Windsor Heights Chamber lunch held on March 17.



Deb Bengtson and Matt Kneifl at the Westside and Windsor Heights Chamber lunch held on March 17.

There is no better business investment than joining with businesses that seek to grow and prosper.

Joining the **WINDSOR HEIGHTS BUSINESS COMMUNITY** is an investment in success.

Do it!

LET'S TALK ABOUT IT... **TODAY!**

Deb Bengtson, Executive Director: 515-657-7350
Michael Libbie, President: 515-331-3207

WINDSOR HEIGHTS CHAMBER OF COMMERCE

WWW.WINDSORHEIGHTSCHAMBER.COM

OUT AND ABOUT |



Emily Meng and Francesca Zenitsky at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Nancy Pim and Katie McGrath at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Mary Sayre and Lindsey Lockner at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Barb Breeser, Candy Zohbon and Charla Davidson at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Carol Tjaden and Betty David at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Debbie Marshall and Terri Smith at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Tiffany Brotherson and Bethany Wilcoxon at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Kathi Dellaca at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Paula Underwood and Sheree Adams at the Chocolate Connection networking event at Chocolaterie Stam on March 30.



Dr. Cheryl Child at the West Side and Windsor Heights Chamber lunch held on March 17.



Michael Libbie and Lori Day at the West Side and Windsor Heights Chamber lunch held on March 17.



Kaylynn Coleman at the West Side and Windsor Heights Chamber lunch held on March 17.



VOTED #1 BIKE SHOP FIVE YEARS IN A ROW!



THE STORE THAT SUPPORTS THE SPORT



**WORLD CLASS STORES.
SMALL TOWN SERVICE.**
BIKES AND ACCESSORIES FOR ALL AGES

WEST DES MOINES 5950 Village View Drive • 515.222.1880
URBANDALE 6600 Douglas Avenue • 515.255.7047
AMES 126 S. 3rd Street • 515.232.3669


bikeworldiowa.com



Hy-Vee

MARKET CAFÉ



COME DINE WITH US.

WINE DOWN WEDNESDAYS

Enjoy 1/2 price bottles of wine, 1/2 price sushi and \$2 off all flatbread pizzas, every Wednesday.

1/2 PRICE APPS AND TAPS

Join us for 1/2 price appetizers and draft beers, daily from 7 p.m. to close.

Dine-in only.

WINDSOR HEIGHTS | 7101 University Ave. | (515) 274-0353

**BUY ANY ENTRÉE,
GET ONE
1/2 OFF**

Hy-Vee
MARKET CAFÉ



Dine-in only. Limit one with coupon. Limit one coupon per customer. Cannot be combined with any other offers. Discounted entrée must be of equal or lesser value. Valid only at Windsor Heights Hy-Vee Market Café. Expires 5/31/15.

\$5 OFF
TWO SUNDAY
BRUNCH BUFFETS

Hy-Vee
MARKET CAFÉ



Brunch served Sundays, 9 a.m. to 2 p.m. Dine-in only. Limit one with coupon. Limit one coupon per customer. Cannot be combined with any other offers. Valid only at Windsor Heights Hy-Vee Market Café. Expires 5/31/15.

**FREE APPETIZER
WITH ENTRÉE
PURCHASE**

Hy-Vee
MARKET CAFÉ



Dine-in only. Limit one with coupon. Limit one coupon per customer. Cannot be combined with any other offers. Valid only at Windsor Heights Hy-Vee Market Café. Expires 5/31/15.