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Working like a dog

Her name was Tinker. She was an overweight, 14-year-old, mis-marked Boston terrier. Admittedly, she wasn't much to look at, but she was a good dog in every sense. I realize that nearly every 10-year-old boy says his dog is a good dog, but mine truly was. My mom taught her well, and Tinker worshipped the ground she walked on — literally. She followed Mom's every footsteps all day, every day. More than once, Mom tripped over Tinker in the yard with a basket full of clean laundry that was about to be hung on the clothesline. Those were not good moments for Tinker. But most were. Tinker set the bar for me in determining what good dogs should be, and I cried my eyes out the day she died.



Fast-forward 30-plus years.

Running my own business, I thought it would be nice to have a small dog at work. That didn't work out so well. This dog, a miniature pinscher named Roxy, followed me like Tinker did my mother.

After tripping over her a handful of times,

I decided that Roxy was best suited to be at home. Before she died, we found another min pin, and I gave him a try at work, too. Max proved to be neurotic. One of his most annoying habits was his continual howling over the sound of a ringing telephone. This was not a good thing in a business. Max now comfortably howls at telemarketers who call our home during the day. Our third min pin, Colby, is a good dog. At 4 years old, he loves to play and to inspect everything. But when he accompanies me at work, I shut my office door and he relaxes in his dog bed next to my desk. It's not an everyday thing, and he joins me in the office more often after regular business hours, but he is a good work dog all the same. I just don't have the courage to let him roam the office, as he would scoot out the front door with ease. As much as I like this dog, he is more interested in exploring new territory than he is in following in my footsteps.

In this month's cover story, we share examples of others who have made their canine companions part of the work staff, giving new meaning to the term "working like a dog."

Thanks for reading. ■

Shane

Shane Goodman
Publisher



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— Shane Goodman, publisher



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On the cover: Dick Woltz and Disraeli. Photo by Dan Hodges.

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Circulation and readership
audited by



Windsor Heights Living magazine is a monthly publication of Big Green Umbrella Media, Inc., an Iowa corporation. Nothing may be reprinted in whole or in part without permission of the publisher. Windsor Heights Living magazine is mailed free of charge to every household and business in the 50324 zip code. Others may subscribe for \$18 annually. Copies of past issues, as available, may be purchased for \$3 each (plus shipping if required).

Giving PAWS

**SOME WINDSOR HEIGHTS
RESIDENTS ENJOY BRINGING THEIR
FURRY LOVED ONES TO WORK**

By Courtney Keiser

It's common knowledge that pets provide companionship and unconditional love. Pets also create a less stressful, playful and social environment for their owners.

For many, the benefits of pet ownership extend beyond the home. Businesses offer "bring your pet to work days," which have been shown to boost employee morale and productivity. A 2012 study published in the *International Journal of Workplace Health Management* showed a significant decline in stress for employees who brought their dogs to work.

Such is the case for two Windsor Heights employees who have the privilege of working side by side with their priceless canine companions.

Disraeli (Dizzy)

Dick Woltz claims that he and his wife Dell are empty nesters. But their 9-year-old schnoodle, Disraeli — a cross between a schnauzer and a poodle — may disagree. Disraeli, named after the British Prime Minister Benjamin Disraeli and nicknamed "Dizzy," has definitely taken over the child role in the Woltz household — and they wouldn't have it any other way.

"Dizzy sleeps with us, and we cater to him a lot more than we probably should," Woltz admits. "He comes on trips with us. He's our little guy, and he's part of the family."

From the moment they met him, Dick



Dick Woltz and his 9-year-old schnoodle, Disraeli, at Wild Birds Unlimited, a business owned by Woltz. Photo by Dan Hodges.

FEATURE |

and Dell knew Dizzy was special. He had the biggest personality of all the dogs in the litter. According to Woltz, Dizzy is both playful and gentle and benefits from being around people, which is part of the reason Dizzy accompanies Dick to work every day.

"Dizzy loves to greet others. He wants to be close to them, and they want to be close to him because he's a small dog, only 24 pounds," Woltz explains.

Woltz owns Wild Birds Unlimited, a nature shop specializing in bird feeding equipment in Windsor Heights.

Dizzy is a social dog, mostly from spending time in the store.

"He gets to see so many different people, experience different smells and different personalities," Woltz says. "Everyone who visits the store is an animal lover because they usually have pets themselves, so they are immediately drawn to him. He has a number of customers who bring him treats."

Spending time with Dizzy is also beneficial for Woltz. During a busy workday, Woltz is grateful for relaxing moments where he can witness his dog licking customer's ears or showing off for employees.

Dizzy regularly performs "half-flip circles" in the hopes of getting a treat.

"He'll even snatch it up mid-air. He's so much fun," Woltz says with a laugh.

Woltz has one full-time and two part-time employees at the store, and he trusts them to care for Dizzy just as well as he does. But he admits that bringing pets to the office isn't always practical. It has to be the right pet in the right situation.

"For both employees and customers, the pet must be well behaved and trained well," he explains. "Our situation is informal, so it's very comforting to reach down and pet man's best friend during the work day."

Dick and Dell have one child, a son who lives in Denver, Colorado. Their son, daughter-in-law and grandson liked Dizzy so much that their family also adopted two schnoodles of their own.

That's just the effect Dizzy has on people. "Dizzy gets along with everybody," Woltz says. "We always say that we have one 'skin' son and one 'fur' son. Dizzy is my buddy at home, and he's my buddy at work."

Millie

If you're browsing the staff directory at Cowles Montessori School in Windsor Heights, one portrait will definitely stand out. It's the beloved Millie, Tracy Lepeltak's 8-year old

yellow Labrador retriever. Lepeltak is the guidance counselor and dean of students at the school and has worked alongside her furry friend since Millie was a puppy.

The Lepeltaks weren't looking for a new puppy when Millie entered their lives.

"My college son gave his then-girlfriend a puppy as a gift," she explains. "He was advised that this wasn't the best decision."

Sure enough, the couple split and the ex-girlfriend returned the puppy to Lepeltak's son.

"He told me that he knew I'd be happy to take her since I love dogs so much," Lepeltak sighs. "But she turned out to be such a wonderful dog that I forgave him within weeks."

Millie began her career at Cowles working mostly with students who were in crisis and needed help de-escalating. She has a calming influence on students, and it wasn't long before the principal and staff asked if Millie could accompany Lepeltak to school every day.

According to Lepeltak, a typical morning for Millie includes galloping down the hall to Mrs. Kloberdanz's room for special dog cookies. Afterwards, Millie greets the children and their families in the lobby as they arrive for the day. She attends every meeting, class and counseling session with Lepeltak during the day, but visits Miss Stacey's upper elementary

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classroom during the lunch hour.

"Millie is at just the right height to walk by a student's lunch and have perfect access to nibble on everything they are eating, so she can't follow me to lunch duty," Lepeltak says.

Millie is described as loving, gentle, calm, patient and intuitive. Lepeltak realized her dog's amazing qualities when her father-in-law had entered hospice treatment. He asked for Millie, and when she entered his room she sat next to him in a chair without moving for 45 minutes, something very unusual for a 9-month-old energetic puppy. Lepeltak's father-in-law stroked Millie's ears, and she rested gently with him.

Millie has provided comfort over the years to a variety of students. Lepeltak remembers a particular situation when Millie successfully calmed a child, helping to avoid an incident. A male student was agitated due to family problems. He insisted on leaving the building and running away. The staff stood at the exits to ensure the safety of the child, but were unable to compose him. Without training, Millie did a "parallel walk" with the student allowing the child to pace back and forth while Millie quietly fell into step beside him.

"She gave him enough space at first, until she could tell that he was winding down," Lepeltak recalls. "As he de-escalated she slowed her pace and stepped closer to him. The student was close



Tracy Lepeltak and student Zoe-Pieper-Voshell enjoy some play time with "Montessori Millie."
Photo by Courtney Keiser.



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“She actually goes through a type of depression when the summer comes. She recognizes when I say, ‘Let’s go to school.’ She immediately picks up the pace and gets excited.

— Tracy Lepeltak

enough to put his hand on Millie while he was walking and he began to tell her his feelings. Eventually the student stopped and sat in the middle of the hallway with Millie next to him, ready to talk.”

When a preschool or kindergarten student cries, Millie often hears it and will grab a toy from Lepeltak’s office and take it to the child’s classroom. Lepeltak says that Millie usually waits for the student to start petting her, but the distraction is enough for the child to recover from what upset him or her.

It’s a safe bet that love and affection for Millie extend beyond the faculty, staff and students at Cowles Montessori. Last year, Millie was hurt by another dog and had a serious injury that required an expensive surgery. A parent who owned a custom T-shirt and clothing business made “Montessori Millie” T-shirts to collect funds for Millie’s procedure.

Today, Millie has slowed down a bit, mostly because of age and her leg injury. But she’s always up for a walk with a student or staff member. The school, Lepeltak says, means the world to Millie.

“She actually goes through a type of depression when summer vacation comes,” Lepeltak says. “She recognizes when I say ‘Let’s go to school.’ She immediately picks up the pace and gets excited.”

Millie may have landed in Lepeltak’s care by chance, but their pairing has changed both their lives for the better. Lepeltak has counseled students for 24 years. Instead of feeling career burnout, Millie has reenergized her owner while teaching her different avenues to connect with children.

Lepeltak also credits Millie and her other dog, Gladdie, for helping her through one of the most devastating periods of her life. In 2012, her husband suddenly passed away. The void of that loss would have been too unbearable for Lepeltak to tackle without her son and also her “furry” children.

“I may get mad at Millie when she gets in the trash or pretends she doesn’t hear me when I call, but I can’t imagine how I would have made it through the past few years without her,” Lepeltak says. ■



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SUSTAINABLE LIVING SPRING EDUCATIONAL SERIES

As always the educational presentations will be free of charge to attend and open to the public. Cookies and punch will be provided! Please visit www.windsorheights.org for more information!

Tuesday, March 24, 7:00pm – 8:00pm, Metro Waste Authority, Trish Radke
Tuesday, April 28, 7:00pm – 8:00pm, Make Your Own Rain Barrel, Darren Fife
Tuesday, May 26, 7:00pm – 8:00pm, To Be Announced

ANNUAL EASTER EGG HUNT

The annual Easter egg hunt is scheduled for Saturday, April 4 at 9:00AM in Colby Park. Ages 5 and under will hunt in the tennis courts, ages 6-9 will hunt in the ball fields, and ages 10-12 will hunt in front of the Community Center. Come say hi and get your photo taken with the Easter Bunny and Sparky the fire dog! There will be 7,000 candy and prize-filled eggs with a few large special prizes for the golden eggs. The event will take place rain or shine, so please dress accordingly.

2015 CITY-WIDE GARAGE SALE

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

KEEP WINDSOR HEIGHTS BEAUTIFUL SPRING CLEANUP DAY

Windsor Heights' residents and friends are invited to join together in cleaning parks, trails, and other litter-prone areas in Windsor Heights beginning at 8:30 a.m. on Saturday, April 25th. Volunteers are asked to 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. The cleanup should last two hours. This event is sponsored by Keep Windsor Heights Beautiful which is a nonprofit organization with a mission to engage the residents, businesses, and government of Windsor Heights in taking greater responsibility for beautifying and improving the community. Keep Windsor Heights Beautiful is affiliated with Keep Iowa Beautiful. April is Keep Iowa Beautiful month.

YARD WASTE COLLECTION STARTS MARCH 30

Yard waste collection runs weekly from March 30 to November 28, 2015. Residents can get rid of yard waste right from the curb through Metro Waste Authority's Compost It! program. Pick up is on your garbage day with two easy options:

Bags & Stickers

- **Compost It! Bags:** The cost of this bag covers the cost of collection, no sticker is required. Do not exceed 40 lbs. per bag.
- **Store-brand Bag + Compost It! Sticker:** A Compost It! sticker must be attached to a generic bag. The sticker cost covers the cost of collection. It's a good idea to face the sticker toward the street so the hauler can see it.
- **Compost It! Sticker + Brush Bundles:** Attach a Compost It! sticker to each brush bundle and place it next to carts or bags. Bundles cannot exceed 18 inches in diameter or four feet in length.

Cart

A Compost It! cart is on wheels, just like your Curb It! cart, making it a convenient alternative to yard waste bags. Simply wheel it to the curb on garbage day during Compost It! season. The 96-gallon cart can hold the equivalent of three yard waste bags, but you can always use the Bags & Sticker program if your yard waste exceeds the cart's capacity. Consider a cart if you garden, purchase more than 65 bags a year, or bag grass clippings and don't want to hassle with bags.

Purchase Bags, Stickers, & Cart Subscriptions

The cost of the Compost It! bag, sticker and annual cart subscription cover the cost of collection and to process the material.

- **Compost It! Bags**
\$8.00 for a bundle of five (\$1.60 per bag). Sold at most grocery and hardware stores.
- **Compost It! Stickers**
\$1.25 per sticker. Sold at most grocery and hardware stores.
- **Cart**
\$105 annual subscription; \$80 one-time cart purchase. To enroll, visit City Hall or renew at www.WherelItShouldGo.com/cartrenewal.

ART IN THE HEIGHTS

SAVE THE DATE! Art in the Heights will take place Friday, April 24, 2015 from 4:00pm – 9:00pm at the Community & Events Center. Bring your friends and enjoy an evening of great art from 12 Central Iowa artists! Look for more information on the City website and Facebook page.

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

CALENDAR

Thursday March 19

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

Friday March 20

- Spring break,
- RHS Track: Boys Varsity Invitational vs. Central College, 2 p.m., @ Central College

Saturday March 21

- RHS Track: Girls Varsity Meet vs. Central College @ Central College 10 a.m., @ Central College

Tuesday March 24

- Sustainable Educational Series Trish Radke with Metro Waste Authority will educate residents on disposal of yard waste, recyclables and hazardous waste, 7-8 p.m., Windsor Heights Community and Events Center
- RHS Track: Varsity Meet vs. Simpson College, 4 p.m., @ Simpson College
- DCHS Track: Boys Varsity Invitational vs. Simpson College, 4 p.m., @ Simpson College
- DCHS Special Olympics, 6:15-7:30 p.m., Big Gym

Wednesday March 25

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

Thursday March 26

- RHS Parent-Teacher Conferences, 4-7:45 p.m., Library, TRHS Main Gym
- RHS Track: Boys Varsity Invitational, 4:30 p.m., @ Johnston High School

- DCHS Track: Boys JV/V Invitational vs. Waukee, 4/4:30 p.m., @ Waukee Stadium
- DCHS Special Olympics, 6:15-7:30 p.m., DCHS Big Gym

Monday March 30

- DCHS Track: Boys 9/JV Invitational, 4/4:30 p.m., @ Urbandale

Tuesday March 31

- RHS Track: Girls JV/V Invitational, 4 p.m., @ Waukee
- DCHS Track: Girls JV/V Invitational, 4:30 p.m., @ Southeast Polk
- DCHS Special Olympics, 6:15-7:30 p.m., Big Gym

Wednesday April 1

- RHS Iowa Assessment Testing (Gr. 9-11),

Thursday April 2

- DCHS Track: Girls JV/V Meet, 4:30 p.m., @ Ankeny
- DCHS Track: Boys JV/V Invitational, 4:30 p.m., @ Simpson
- DCHS Soccer: Boys 9/JV/V Match vs. Mason City/Valley, 5/6:30 p.m., @ Dowling
- DCHS Special Olympics, 6:15-7:30 p.m., DCHS Big Gym

Friday April 3

- DCHS Soccer: Boys JV Match vs. Ankeny Centennial High School, 5 p.m., @ Northview Middle School

Saturday April 4

- Annual Easter Egg Hunt, 9 a.m., Colby Park
- RHS Soccer: Boys Varsity

- Tournament PCM vs. Newton, 10 a.m., @ Newton HA Lynn Stadium
- RHS Tennis: Boys Varsity Invitational vs North Polk/Des Moines East, 10 a.m., @ Des Moines East High School
- RHS Track: JV/V Invitational, 11 a.m., @ Valley High School
- DCHS Dowling Catholic Alumni Tournament, 8 a.m. - 8 p.m., DCHS Big Gym
- DCHS Soccer: Boys Varsity, 9 a.m., @ Muscatine
- DCHS Tennis: Boys Varsity vs. Iowa City West vs. Linn-Mar, 9 a.m., @ Linn-Mar High School

Sunday April 5

- Walnut Creek Easter Service

Monday April 6

- Council Meeting, 6-8 p.m., City Hall
- RHS Track: Boys Varsity Meet vs. Fort Dodge, 4:30 p.m., @ Dodger Stadium - Fort Dodge
- RHS Soccer: Boys 9/JV/V Match vs. Norwalk, 4:45/6:15 p.m., @ James Cownie Soccer Complex
- RHS Soccer: Girls JV/V vs. Norwalk, 5:30/7 p.m., @ Norwalk High School
- DCHS Track: Boys 9/10th Invitational vs. WDM Valley 4 p.m., @ Valley High School

Tuesday April 7

- RHS Golf: Girls Varsity Meet, 4 p.m., @ Ballard High School
- RHS Tennis: Girls JV/V Match vs. WDM Valley, 4 p.m., @ Valley
- RHS Tennis: Boys JV/V Meet vs. Iowa City, 4 p.m., @ Waveland Tennis Courts
- DCHS Soccer: Boys 9th Match vs. Urbandale, 3:45 p.m., @ Dowling
- DCHS Tennis: Boys JV/V Match vs. Fort Dodge, 4 p.m., @ Dodger Stadium - Fort Dodge



CALENDAR |

- DCHS Tennis: Girls JV/V vs. Fort Dodge, 4 p.m., @ Dowling
- DCHS Track: Girls JV/V Invitational, 4:30 p.m., @ Johnston
- DCHS Soccer: Girls/Boys JV/V vs. Urbandale, 4:45/5/6:30 p.m., @ Dowling
- DCHS Special Olympics, 6:15 p.m., DCHS Big Gym

Thursday April 9

- When I Grow Up - Art Exhibit, Walnut Creek Church
- RHS Tennis: Boys JV/V Match vs. Hoover, 4 p.m., @ Des Moines Hoover High School
- RHS Tennis: Girls Varsity Match vs. Hoover, 4 p.m., @ Waveland Tennis Courts
- RHS Track: Girls Varsity Invitational, 4:30 p.m., @ Simpson College
- DCHS Soccer: Girls 9th Match vs. WDM Valley, 3:45 p.m., @ Dowling
- DCHS Tennis: Girls JV/V vs. Ankeny, 4 p.m., @ Ankeny
- DCHS Tennis: Boys JV/V vs. Ankeny, 4 p.m., @ Dowling
- DCHS Track: Boys JV/V Invitational, 4:30 p.m., @ Urbandale
- DCHS Soccer: Girls JV/V vs. Valley, 5/6:30 p.m., @ Dowling
- DCHS Special Olympics, 6:15 p.m., @ DCHS Big Gym

Friday April 10

- An Evening of Shakespeare One-Acts, 7:30 p.m., Roosevelt HS
- DCHS Soccer: Boys 9/JV/V vs. Fort Dodge, 4:45/6/7:30 p.m., @ Fort Dodge

Saturday April 11

- An Evening of Shakespeare One-Acts, 7:30 p.m., Roosevelt HS
- RHS Soccer: Boys Varsity Invitational, TBD, Hidden Valley Soccer Complex
- RHS Track: Varsity - Jim

- Duncan Invitational T & F vs. Drake University, TBD @ Drake Stadium
- RHS Tennis: Boys Varsity Invitational vs. Cedar Rapids Washington, 9:30 a.m., @ Veterans Memorial Tennis Center
- DCHS Golf: Girls Varsity Tournament, 8:30 a.m., @ Perry
- DCHS Track: Varsity Invitational- Jim Duncan Relays vs. WDM Valley, 8:30/9 a.m., @ Drake Stadium

Monday April 13

- 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 Golf: Girls JV Meet vs. Indianola, 3:30 p.m., @ Indianola

Tuesday April 14

- RHS Tennis: Girls JV/V Match vs. Indianola, 4 p.m., @ Indianola
- RHS Tennis: Boys JV/V vs. Indianola, 4 p.m., @ Waveland Tennis Courts
- RHS Track: Girls JV/V Invitational, 4:30 p.m., @ Ames
- RHS Track: Boys JV Invitational, 4:30 p.m., @ Johnston
- RHS Soccer: 9/JV/V vs. DSM East, 4:45/6 p.m., @ James Cownie Soccer Complex
- DCHS Golf: Girls JV/V vs. Ames, 3:30 p.m., @ Ames
- DCHS Soccer: Boys 9th vs. Ankeny, 3:45 p.m., @ Dowling
- DCHS Tennis: Boys JV/V vs. Ankeny Centennial, 4 p.m., @ Dowling
- DCHS Tennis: Girls JV/V vs. Ankeny Centennial, 4 p.m., @ Prairie Ridge Sports Complex
- DCHS Track: Girls JV/V Invitational, 4:30 p.m., @ Ames
- DCHS Track: Boys JV/V Invitational, 4:30 p.m., @ Ankeny
- DCHS Soccer: Girls 9/JV/V vs. Ankeny, 4:45/6/7:30 p.m., @ Ankeny
- DCHS Soccer: Boys JV/V vs.

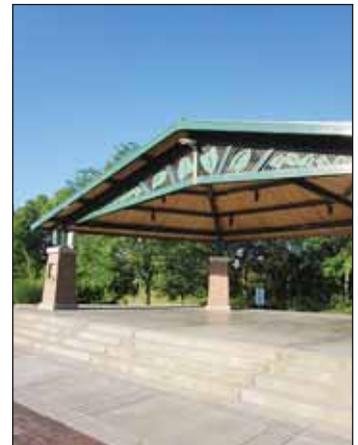
- Ankeny, 5/6:30 p.m., @ Dowling
- DCHS Special Olympics, 6:15 p.m., DCHS Big Gym

Wednesday April 15

- Breakfast and Learn Senior Talks Support Group, free. RSVP can be made to 2-515-274-3612, 8-9 p.m., Ramsey Village

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



Promote your event!

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

Advance directives

Anticipate medical emergencies in your future

By Charlotte Sucik, attorney, Abendroth and Russell Law Firm

Effective estate planning involves not only directing the distribution of your wealth after death, but also making decisions about your care while alive. Medical technology can extend life, but many clients prefer to focus on the quality of that life. Decisions about the dying process are personal and should be made individually before the opportunity is lost.

When people do not plan for medical crises, family members have to make important health decisions without guidance. If you became so ill that you were unable to make medical treatment decisions for yourself, or if you became incompetent to participate in those decisions, the burden would fall to your family and loved ones. It is for them that you should complete advance

directive documents.

An advance directive both expresses your health care choices in writing and nominates someone to carry them out. Without a written advance directive, you have no control over who makes the decisions or what choices they make. If you do not have an advance directive, then a court may appoint a guardian to make your health care decisions if you become incompetent to make those decisions for yourself. Guardianships can be a very costly process, and can be avoided with proper planning.

A durable health care power of attorney is a document through which you name another person to make health care decisions for you if you are unable to make them. The document is “durable” because it



is still effective even if you become incapacitated or incompetent.

A living will is a document that expresses in writing your directions for your medical care if you are unable to express your wishes yourself. It can direct your physician to withhold or withdraw certain life-sustaining procedures if you are in a terminal condition. However, it can be much more comprehensive than that and can include what you want to happen in various situations.

Advance directives, such as the living will and the durable health care power of attorney allow you to maintain individual control over your life. These documents allow you to direct health care decisions made for you in the future.

Advance directives allow you to anticipate medical emergencies and participate in your future care. They are about making health care decision in advance and creating peace of mind for you and your family regarding these decisions. The most effective estate planning is accomplished before you need it. ■

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

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Healthy eating: simply and on a budget

By Clint Rogers, Comfort Keepers

There is a lot of information on eating healthy and a lot of confusion to go along with it. What is certain is that we all know we are supposed to eat healthy. But we need to understand what this means. Breastcancer.org gives an excellent definition, one that's applicable to all people, not just cancer patients, of what eating healthy means:

"Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins and minerals."

While this definition is simple, putting it into practice is a difficult task for many people. For seniors, it may be particularly difficult for two reasons: they may have physical limitations and they may believe

they cannot afford to. However, the same strategies that can be applied by a working mother or a busy father to get healthy food quickly, easily and inexpensively on the table can be applied by a senior with budget limitations.

Tackling time and physical limitations

Planning is the secret to a healthy lifestyle. When not feeling well, it is very easy to resort to fast, processed, convenience foods, and these foods rarely match the definition of healthy eating. A better approach to avoid resorting to unhealthy foods and snacks is to take some time one day a week to plan meals. This takes the guesswork out of daily meal preparation.

Making a large quantity of food at one time easily cuts down on the amount of work involved in meal

preparation; this can then be portioned into individual serving containers to freeze for later consumption. One-pot meals, such as soups and stews, are easy to prepare, do not dirty many dishes, so cleanup is easy, and freeze extremely well. Alternatively, when preparing a meal, always make extra servings and freeze the rest for later.

Another strategy is to be sure items that do not require cooking are on hand. Have a stock of whole-grain, no-added-sugar cereals available. Honey or fruit can add sweetness if the senior does not have any medical history that precludes the use of sugars. Make sure that ready-to-eat fresh fruits and vegetables are available for snacking.

Staying within a budget

Many seniors are on a fixed budget and need to watch their overall

expenses. When you are shopping for foods with your senior, shop the perimeter of the store where the fresh foods are displayed and buy fruits and vegetables in season. You can buy nearly everything you need in the fresh food departments around the perimeter of the store.

Keep in mind that while a processed food choice may seem cheaper than fresh, you generally need to eat greater quantities of these to feel full, and you tend to feel hungrier sooner after eating foods high in fats, refined sugars and carbohydrates. While some fresh products may seem too expensive, by needing to eat smaller quantities, you actually spend less overall. ■

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

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OUT AND ABOUT |

Chamber luncheon

The Windsor Heights Chamber of Commerce held a luncheon at Isla Cozumel in Urbandale on Feb. 17.



Michael Libbie and Danny Beyer



Matt Kneifl and Jennifer Sayers



Kaylynn Coleman and Dr. Allison Carlson



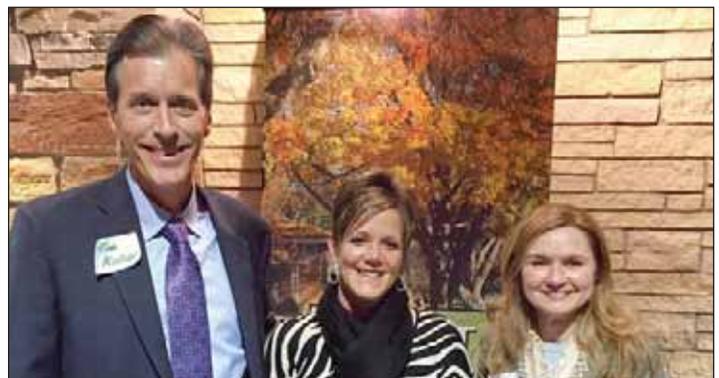
Matt Reiff and Corey Lockner



Chamber President Michael Libbie with State Sen. Charles Schneider and Windsor Heights Mayor Diana Willits.



H.A. Gross and Debra Prentice



Tim Kintner, Citizen of the Year Brooke Wade, and Betty Ridout, past president of the Chamber.

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EDUCATION |

Meet Kristin Shell

Teacher loves mindset of third graders

By Rainey Cook

It's a true blessing to love what you do. For 13 years, Kristin Shell has had the opportunity to blend her passion for Australia with her love of teaching. Clive Elementary has been lucky enough to have her as one of its third grade teachers.

Not something she expected, but loved, was the fact that her parents moved to Australia when she was in college. Shell's breaks from college took her visiting her parents any chance she could. Knowing she was going to teach when she finished college, she created the opportunity to immerse herself in a first grade classroom to observe.

"Things are different there," Shell says. "From their school uniforms to the slight difference in the way they teach. It was an awesome experience."

She enjoys every spring at Clive Elementary, as it's the time of year she gets to teach the unit on Australia. Shell teaches by sharing her personal stories and photos.

Another favorite for her and her students is the "Read to Me" program at local retirement homes. Her third grade students get to interview the residents and also read their favorite book to them.

"Honestly, the students are not too excited and a little apprehensive before the trip," Shell says. "Once they experience hearing of how different someone else's childhood was from theirs, they start getting interested. And once we



Kristin Shell teaches third grade at Clive Elementary. Photos by Rainey Cook.

are back a school, they always beg to go back again. They love reading to the elderly as well."

Shell taught second grade for a few years, but third grade is where her heart is. She enjoys that her third graders have a love for school and are eager to be in class. It makes for a fun environment, she says.

Her focus for the academic school year is basic math facts and preparing her students for more difficult math. For reading the focus is not so much on word solving, as it is up through second grade, but on fluency and expression. Another big focus for third grade is friendships. She and her students talk about what it's like to be a good friend and being respectful.

Shell appreciates the fact that there is a sense of cohesiveness among the staff of teachers she works with.

"We all work very well together," she says. ■

What do you like best about your teacher?



Isaiah Highly: "Everything!"



Jonathan Ruth: "She's a really nice teacher, and she's fun. Yesterday she jumped rope in P.E."



Anne Buchholz: "She's really nice and funny, and I think she's really good at her job."



Mature trees and well-kept yards are some of the attractions in the neighborhood where Ben and Barbara Shlaes live. Photos by Rainey Cook.

Much to appreciate

From city government to their home's layout, this couple is happy

By Rainey Cook

Among the many streets in Windsor Heights that are handsomely adorned with mature trees, 78th Street stands out. Its quiet homes and yards are all well-kept, and each home has its unique characteristic.

Ben and Barbara Shlaes are one of the many homeowners who reside on 78th Street. The neighborhood has changed since 1978, when they moved in.

"When we first moved in, the neighborhood was full of grandparents," Ben says. "Now we are seeing young families with babies and teens move in."

And that's just one of the many reasons they still love where they live. Barbara enjoys talking with the young mothers with babies in strollers. They enjoy the well-behaved dogs on their street. Everyone is friendly and easy to talk to.

Another bonus living in Windsor Heights

is the city government. Cops are friendly, and snow removal is fast.

"They take good care of us," Ben says.

Having lived in the same home for 37 years, home maintenance has its place. The couple remembers first adding a gas fireplace right after they moved in. Since then, they have also widened the archway between the living and dining rooms, updated the kitchen and both bathrooms, repaved the entire driveway and added an irrigation system outside. Their addition in the back of the house was first a concrete patio, then an open-air porch and now a three-season room.

Most of their yard work is hired out now. Thick, lush green grass is theirs to enjoy with no mowing anymore. Snow is gone in an instant without even going outside.

"I didn't think I would enjoy having someone else do our yard work," Barbara says. "We did it ourselves for so many years and

liked doing it, but now I'm enjoying not doing it anymore."

The couple will plant ivy geraniums in their front planter and hang flowering baskets for spring.

"This house layout is just perfect for our needs inside and out," Ben says. "We like that it's all on one level and that our yard is flat. It all has a nice flow to it."

As one of the beautiful homes in Windsor Heights which is handsomely adorned with mature trees, clean streets and friendly neighbors, it's easy to see why Ben and Barbara love where they live. ■

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.

Feed the urge for something fried



Healthy indulgence can be a side or lunch

Quinoa and kale cakes

By Kris Ellis Tracy

I was looking for a side dish that is a little different from the usual potato or rice dishes. As I was pondering my pantry, my eye fell upon a bag of red quinoa I had purchased some time ago with the intent to try out this superfood. A friend of mine writes a wonderful blog called “Nosh and Nourish,” wherein she often provides recipes for quinoa. If you have time, check out some of her offerings.

What I really wanted was something fried. I know that is not very healthy, but sometimes you just have to have a good indulgence. Besides, I reasoned, I would only use a bit of butter and then the healthier olive oil. And quinoa is a whole grain. My conscience was finally appeased, and I proceeded to make quinoa and kale cakes. They are a bit like potato cakes, but full of yummy veggies. The baby kale is subtle, not all bitter or sharp. If kale is not to your taste, use some baby spinach instead.

This makes a nice lunch, paired with some good mustard and a slice of crusty bread. Or a side salad, a quinoa cake and a grilled portion of salmon would make an elegant meal. ■

Ingredients

1 cup red quinoa
 2 cups water
 ½ teaspoon salt
 4 green onions, sliced thin
 1 cup minced baby kale
 1 rib celery, minced
 2/3 cup flour
 1 beaten egg
 1 teaspoon salt
 ½ teaspoon pepper
 1 tablespoon butter
 2 tablespoons olive oil

Directions

1. In a saucepan, bring the water

and ½ tsp. salt to a boil, add the quinoa and simmer until the water is absorbed and the quinoa germ spirals outward. Cool.

2. In a separate bowl, mix the minced kale and celery, flour, seasonings and beaten egg. Add the cooled quinoa.

3. In a frying pan, melt the butter with the olive oil. Spoon the quinoa mixture into the hot pan by large spoonful. Flatten the mixture out slightly so that each cake is of an even depth. I used about 1/3 cup for each cake. Brown the cakes on both sides and drain on paper towels. Serve.

Pinit!





For Mission to the City 2014, volunteers packed meals for those in need.

Starting with home

Walnut Creek Church makes metro its mission

By Chris Kelley

It's common for churches to start outreach programs that span the globe. From giving to far away villages and supporting missionaries on their worldly travels, Walnut Creek Church of Windsor Heights has done it all. But an upcoming event this spring will focus on a top priority among the congregation: giving back to the community where members live. It's all part of a program called Mission to the City.

At Walnut Creek Church, part of the mission is to "love people practically and see them grow in meaningful, rich relationships with God." To strengthen those relationships and show love to the community, the church kick-started the annual event Mission to the City.

Mission is a weekend event (running Thursday, May 21 through Monday, May 25) when church members give thousands of hours of community service back to the Des Moines area community in many ways. Volunteers choose to serve those in need, churches, non-profits, businesses and government organizations through a number of ways during Mission to the City. Church members also take the time to reach out and spread the Gospel to those in need.

Last year, Mission to the City

volunteers joined forces with Meals from the Heartland to feed metro families and families overseas. A group of volunteers helped a Des Moines resident repair a damaged garage by removing old trim and residing the entire structure. Finally, the entire community was invited out to have fun, food and entertainment in the park as part of the finale of last year's Mission event.

Walnut Creek Church of Windsor Heights

900 64th St.
www.walnutcreekchurch.org/Windsor-Heights
 Sunday services:
 9, 9:30 and 11 a.m.
 Sunday service (en Espanol):
 12:45 p.m.

Helping out with Walnut Creek's push to give back to central Iowa is easy. To help make the most of Mission to the City, Walnut Creek of Windsor Heights has joined with other Walnut Creek branches to form volunteer teams to tackle problems and praise across the metro.

Mission to the City volunteer teams separate and conquer, focusing on special events, fundraisers or projects that show God's love and give back to the community. ■

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Retirement May Be Far Off, But the April 15 Deadline for IRA Contributions Isn't.

You have only so many years to prepare for retirement. That's why contributing to your Individual Retirement Account (IRA) is so important. Fortunately, you still have time to maximize your 2014 IRA contribution before the April 15 deadline.

By contributing now, your retirement savings can have more opportunity to grow. Even if you already have an IRA elsewhere, it's easy to transfer it to an Edward Jones IRA and begin receiving the face-to-face guidance you deserve.

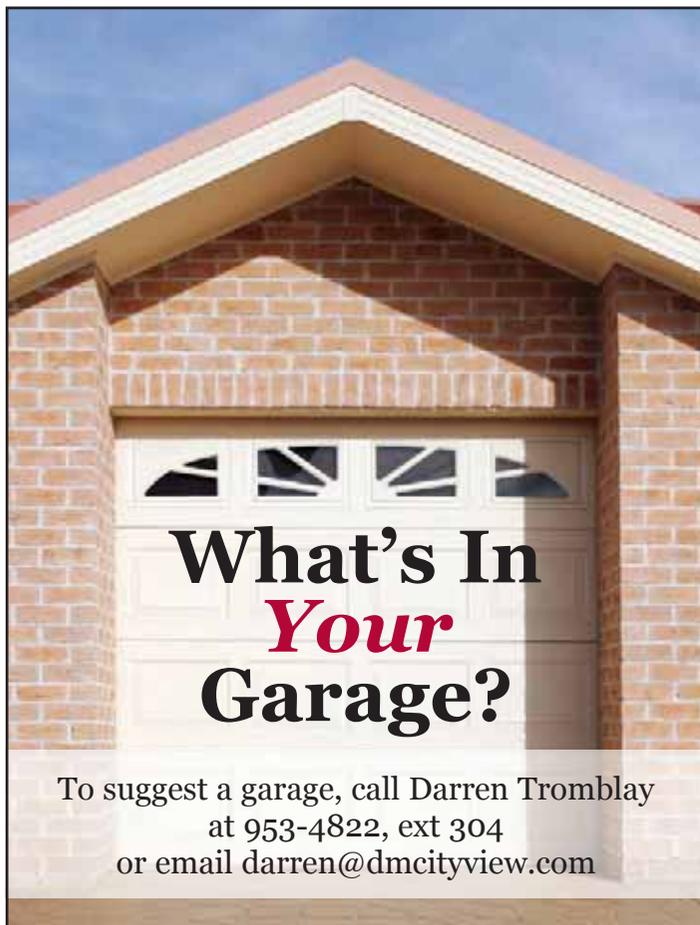
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FINANCE |

Women may face extra challenges in seeking financial security

Women encounter more obstacles than men in the pursuit of financial security, particularly in seeking a comfortable retirement lifestyle. So if you are a woman — regardless of your marital status — you will need to be aware of these challenges and take steps to overcome them.

- **Challenge:** Women spend more time out of the workforce and accumulate less money in 401(k) plans.

Women spend an average of 12 years out of the workforce caring for children or elderly parents, compared with less than two years for men, according to the Social Security Administration. Women's average 401(k) balance is only about two-thirds as large as men's, according to a study by Fidelity Investments.

- **Solution:** Take full advantage of your 401(k) and IRA.

While you are working, contribute as much as you possibly can to your 401(k) or similar employer-sponsored plan. Also, try to fully fund your IRA each year.

- **Challenge:** Women typically live more years in retirement and depend more heavily on Social Security.

Women reaching age 65 are expected to live, on average, an additional 21.6 years, compared with 19.3 years for men, according to the Social Security Administration. Furthermore, Social Security comprises about 50 percent of the total income for unmarried women age 65 and older, compared to just 36 percent for elderly men.

- **Solution:** To become less dependent on Social Security, create a sustainable withdrawal strategy for your investment portfolio.

Social Security was designed to supplement one's retirement



income, not replace it. To make this money last, you'll need to create a sustainable withdrawal strategy early in your retirement and stick to it.

- **Challenge:** Women are far more likely than men to need some type of long-term care.

More than two-thirds of nursing home residents are women, according to the National Center for Health Statistics. And the average cost for a private room in a nursing home is more than \$87,000 per year, according to the 2014 Cost of Care Survey produced by Genworth. Typically, Medicare covers only a small percentage of these costs.

- **Solution:** Prepare in advance for long-term care expenses.

Long-term care costs can be enormous, but you do have some protection-related options for meeting these costs. Check with your financial advisor to learn which of these choices might be most appropriate for your situation.

These aren't the only financial issues facing women, but they do give you a good idea of what you may be facing. ■

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

INSURANCE |

6 factors affecting your auto insurance premiums

Age, driving record and more come into play

By Matt Cale, State Farm agent

There are more than 100 factors insurance companies use to calculate how much you'll pay for auto insurance.

Below is a more detailed look at six of the factors that can affect your auto insurance premiums.

- **Coverage and deductibles.** Auto insurance providers assist you in choosing your deductibles and help you decide if adding additional coverage would benefit you. The specifics of your coverage and deductibles play a major role in your monthly payment.

Choosing a higher deductible means a lower monthly payment; choosing a lower deductible means a higher monthly payment.

- **What you drive.** By collecting data from customer claims and analyzing safety reports, auto insurance providers often develop vehicle safety ratings and offer discounts to customers who drive safer vehicles.

Some insurers increase premiums for cars more susceptible to damage, occupant injury or theft and lower rates for those that fare better than the norm.

Before you head down to the dealership, do some research. Does the vehicle that has caught your eye have strong safety ratings? Knowing the answers to a few simple questions can go a long way in keeping your rates low.

- **How far you drive.** People who use their car for daily commuting normally pay more than those who drive less. The more miles you drive in a year, the higher the chances of an accident.

Consider joining a car pool, riding your bike or taking public



transportation to work. If you reduce your total annual mileage enough, you may lower your premiums.

- **Where you drive.** Generally, due to higher rates of vandalism, theft and accidents, urban drivers pay more for auto insurance than do those in small towns or rural areas.

- **Driving record.** Drivers who have caused accidents generally pay more than those who are accident-free.

Even though you can't rewrite your driving history, having an accident on your record can be an important reminder always to drive with caution. The effects of past accidents on your premiums will decrease over time.

- **Age, gender and marital status.** Accident rates are higher for drivers younger than 25.

If you're a student, you might also be in line for a discount. Most auto insurers provide discounts to student-drivers who maintain strong grades. In some states, younger drivers are also able to take driver safety courses that will lower premiums. ■

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

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WHAT'S IN YOUR GARAGE? |



Tim Tow's wife suggested he add the TV to the garage, and though he was skeptical at first, he's grown to love it.

Best of both worlds

Tow can watch TV and still enjoy the outdoors

By Eleni Upah

Ask anyone who's lived in Iowa for a while, and they'll tell you just how beautiful the fall season is here. The temperature is crisp but still warm enough for short sleeves, the sun shines bright and the leaves crunch under foot. It's hard to stay inside. But when football begins in the same season, many people miss those precious last days of perfect weather to watch the games.

But Tim Tow has found a way to get the best of both worlds. He's got his own TV set up in the back wall of his garage, and when it comes to football season, he's got a front row seat with the breeze at his back.

"We set the TV up about two years ago," he says. "It was actually my wife's idea. I like to work outdoors a lot, and I'm a big football fan, so it works really well in the fall."

It's also the perfect space for him to host his fantasy football draft parties with his friends and graduation parties for his kids.

"I'll always have games on out there, and we've had a couple girls graduate, so I hooked a laptop to it and we'll rotate their graduation pictures when people visit," Tow explains.

Tow can be found watching games between working on one of his gardening or landscaping projects, relaxing with his laptop or keeping one eye on the TV and the other on his youngest son while he's playing basketball in the driveway. He likes that he can still be outdoors rather than sitting inside on the couch all day.

"I like to be standing out there watching if it's a nice sunny day versus sitting here and watching something. It's just something about being outside at the same time."

The TV has even proven to be a good form of bonding for Tow and his son, who will watch while his dad works or shoot hoops together with a game on in the background.

Even though he was hesitant about the TV at first — whether he'd like having it in the garage and if it would hold up to the cold temperatures during the winter — now Tow only has one regret.

"The only thing I wish I'd done better was buy bigger," he laughs. "Whenever that one goes, I know I'm buying bigger to fill the whole spot." ■

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

Transitioning into retirement

Many begin with a time of reflection

By Susan Ray, executive director, The Reserve

Throughout the past several months we've focused on how to make healthy choices for your heart, your brain, your soul and overall physical fitness. Thoughts were shared regarding the importance of mental exercise, the value of staying connected and the importance of laughter.

For the next few articles I'd like to focus on the natural progression for aging adults into the phase of retirement. Webster defines retirement as an act of ending your working or professional career, the age in which one normally retires, and the period after you have permanently stopped your job or profession. For some people, retirement is what they've been working for all their lives. It's a chance to be free, to do what they want when they want to do it and come and go as they desire.

For most entering into retirement, it begins with a time of reflection. They review what happened throughout their career. Did they accomplish professionally what they had hoped for? Do they consider themselves successful? Reflection continues into their personal life. If there is a spouse involved, have there been memories created? If there are children, there can be a feeling of accomplishment as they move into adult life with careers of their own. There also may be relief felt in the fact that the children's college loans have finally been paid off, you now have an empty nest and the responsibilities of raising a family have been completed.

Following the time for reflection, comes a time to consider



where we are and contemplate where we go from here. These are big decisions that have changed time and time again throughout the years of anticipation for retirement. Some people have made a "retirement plan" and others have not. Even those who had planned ahead find themselves reviewing and revising their plan. Whether you have a plan or not at the time you enter retirement, the most important thing to remember is that you are the one in control and are making the choices.

Some people find moving into retirement through transition from full-time employment to part-time helps in making this a smoother entry into the new phase — retirement. The choice is made to continue working, but at a different level. Many do not want to be involved with the same amount of responsibility as they once had. They want to continue to work, but on their own terms. This may not only be with less responsibility but with fewer hours.

To be continued next month... retirement with purpose. ■

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

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Denver



Because the Denver's footprint is a mere 50 feet wide, it fits neatly on a narrow lot. But that doesn't mean it feels the least bit cramped. This Prairie-style home offers nearly 2200 square feet of living space.

Much of that space is in the comfortably large and open room at the rear, where the living room, dining room and kitchen flow together. Natural light washes in through wide windows in the living and dining areas, plus a smaller window in front of the kitchen sink.

A gas fireplace nestles into a corner by the rear windows. Across the room, an atrium door opens onto a covered patio that could be screened, if flying insects are a concern.

A flush eating bar rims the cooktop island that provides partial separation between the kitchen and the rest of the gathering space. Cooks can serve soups, snacks and other light meals to family and/or friends ranged along the eating bar, while keeping an eye on activities in the larger space and patio. A roomy step-in pantry fills one corner of the kitchen.

Double doors in the foyer open into a room that could be a den, fourth bedroom, art studio or whatever suits. Its location just inside the front door is also ideal for a home office.

Bedrooms, utilities and bathrooms fill the right side of the Denver. The utility room links with the two-car garage and could double as a mudroom. It also provides a safe and comfortable passage to the inside for unloading groceries and other supplies.

A storage closet lines the hallway to the owners' suite, which boasts an exceptionally deep walk-in closet, plus a two-section bathroom with a double vanity.

Associated Designs is the original source for the Denver 30-952. For more information or to view other designs, visit www.AssociatedDesigns.com or call 800-634-0123. ■

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When I grow up...

Event to provide a unique community benefit

By Michael Libbie, Windsor Heights Chamber president

We are excited to announce a brand new event we are holding this spring titled "When I Grow Up..." It will take place on Thursday, April 9 from 4-7 p.m. at Walnut Creek Church (900 64th St.). We invite all residents and businesses to attend this free event.

The event is comprised of two components. The first is an art show featuring the work of students and children from Windsor Heights elementary schools and the Walnut Creek YMCA. The children will be creating pieces around the theme of "When I Grow Up..." We will select one winner from each age category and announce the winners at the event.

The second component for "When I Grow Up..." is a career fair and business expo. Local businesses and city officials will showcase their professions and answer questions from children, while having an opportunity to market their products and services to the Windsor Heights community. We are excited to have the mayor of Windsor Heights, police department, fire department, Bankers Trust, Hy-Vee, ReMax and many others all joining us for this one-of-a-kind event.

"We are looking forward to having this event because it will offer a benefit to so many people," says Deb Bengtson, executive director of the Windsor Heights Chamber. "I can't wait to see the children meet the people they portray in their artwork."

If you would like more infor-



mation about "When I Grow Up..." please visit our website at www.windsorheightschamber.com.

The event is free for Chamber members to showcase their business. Not a Chamber member? Join FIT, Tu Es Belle Salon Studio, WH Publishing, Sullivan Counseling LLC, ADR Cleaning Solutions, O'Brien Law, ISU Extension and Outreach, Knapp Properties, Plaza Florist and Immanuel as a new member this year. Email windsorheightschamber@live.com for details and benefit of Chamber membership.

WHAMM is coming up

In other Chamber news, WHAMM (Windsor Heights Annual Mini Marathon) is right around the corner on Saturday, May 16. This year's will start and finish at Colby Park. The Windsor Heights Fire Department's pancake breakfast will also be hosted at Colby Park. Watch this column for further details or follow WHAMM on Facebook. ■

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