

Windsor Heights Living

may 2015

50324

GROW YOUR OWN

WINDSOR HEIGHTS RESIDENTS
REAP THE BENEFITS OF
EXPANDED GARDENING

**BERTHA
GARAGE**

**MEET MISSY BARRIE
EDUCATION**

**CHOCOLATE VELVET DESSERT
RECIPE**

PRSR1 STD
ECRWSS
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
POSTAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
9619 N.W. 86th St., # 600
Johnston, Iowa 50131



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

WELCOME |

What's for 'supper'?

I drove my teenage kids to an event at a rural Iowa high school recently, and I was surprised by their questions about some of the surroundings. My 15-year-old asked, "What's that big ugly building in the middle of town?" She noticed that it was the only structure taller than a handful of the two-story homes. It, of course, was a grain elevator, but "elevator" has a whole other meaning to these city kids.



After curiously viewing a line of long white tanks in a neighboring field, my 13-year-old asked, "And what are those things?" They, of course, were anhydrous ammonia tanks. Had she gotten close and taken a whiff of the ammonia, she would never ask that question again.

The most pressing question, though, came when looking for a place to have dinner. This rural community didn't have a pizza place, a fast food joint or even a sit-down diner. Truth be told, we couldn't even find a Casey's General

Store. "Where do these people eat," they asked in harmony. While pointing out the many gardens in view, I explained how many of these folks eat what they grow and can their fruits and vegetables so they can enjoy them throughout the year. I also pointed out that had we nicely asked for "supper" rather than dinner, we might have been invited into one of their homes for a home-cooked meal. Instead we drove to a neighboring community and picked up some pizza. This conversation reminded me that I need to get my kids out to see real Iowa farms.

In the meantime, much of what we enjoy in rural Iowa is coming to town. Urban farming is a growing trend that city dwellers are latching on to for a variety of reasons. Some grew up on farms and want their children to experience what they did. Others are looking for chemical-free food and farm-fresh fruits and vegetables. Still others are simply motivated by getting black dirt under their nails and truly living off the land. Whatever the reason, the trend is undeniable, and I find it refreshing. In recent years, my wife and I started planting a small garden in our backyard. Our children helped decide what to plant and have been involved in the entire process. We don't yet have chickens out to roost like some urban farmers. As much as this likely disappoints our dogs, we have to take this one step at a time.

Be sure to read this month's cover story on urban farming to see what your fellow residents are doing to get closer to Mother Earth and gain a true appreciation for where their food comes from.

Thanks for reading. ■

Shane Goodman
Publisher



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

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



Iowa
Living
magazines

Summer
cityview
Brewfest
at **PRINCIPAL PARK**

SATURDAY, MAY 30
2-5 P.M.
AT PRINCIPAL PARK

GET YOUR
TICKETS NOW!

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

SPONSORED BY

Waukege Best Domestic Car Dealership 515-262-8111

www.dmcityview.com

or www.iowacubs.com

GROW YOUR OWN

WINDSOR HEIGHTS RESIDENTS REAP THE BENEFITS OF EXPANDED GARDENING

By Courtney Keiser

When Darren Fife and his family head outside, it is not uncommon for the kids to snack on peas and tomatoes straight from the vine.

This appreciation for where food comes from is one of the reasons Fife and his wife, Deena, chose to transform their Windsor Heights backyard into a remarkable vegetable and flower garden.

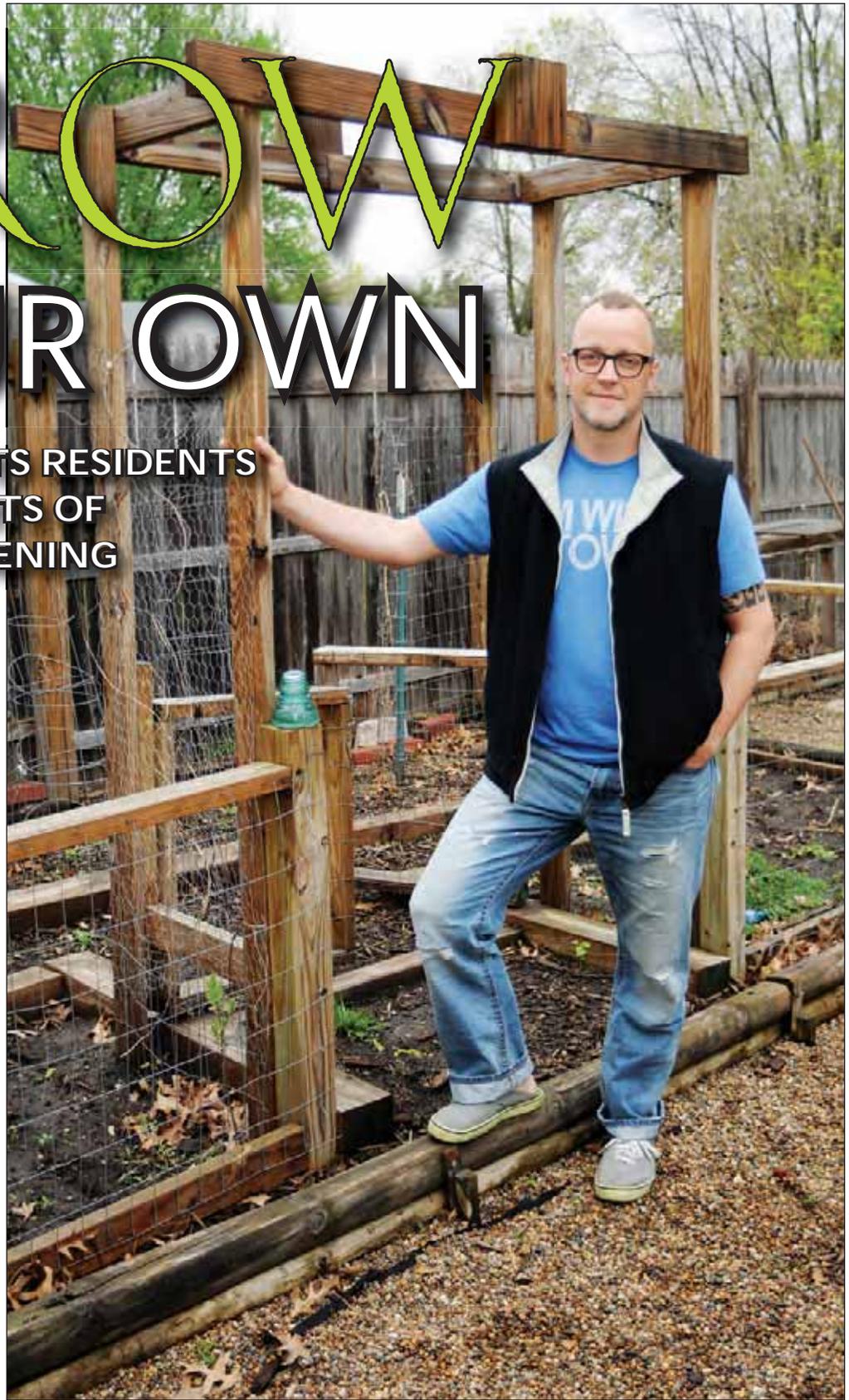
Fife's fascination with plants and nature began at Drake University, where he studied environmental science. When he and his wife bought their home, he says they planted anything and everything.

"First we moved some rose bushes around and planted a tree," he explains. "Then we added a small vegetable garden, and then the next year we doubled that. Soon there wasn't much grass left. We added a pond and deck."

There's no shortage of things to see in Fife's garden. A variety of flowering plants including hostas, lilies, lilac bushes, flowering dogwood and salvias soften the area with just the right amount of color. Kale, spinach, peppers, onions, tomatoes, cauliflower, broccoli, peas, beans, cucumbers, lettuce and tomatoes grow in the vegetable garden, providing fresh produce for the entire family.

Out of nowhere, Fife also gained a chokecherry tree. He says his family didn't plant it, making it a mysterious and treasured addition to their outdoor space.

Deena is originally from New Zealand,



Darren Fife and one of the many gardens at his Windsor Heights home. Photo by Dan Hodges.

FEATURE |

so it's only natural that another one of Fife's favorite plants is the New Zealand fern.

"It was given to us by a friend, and I love to see it come back every year as a reminder of my wife's heritage," he says.

Fife fondly recalls spreading cattail seeds as a child. These memories inspired him to turn a soggy, useless section of his yard into a functional wetland full of arrowhead, natural grasses and, of course, cattails.

Fife has a passion for upcycling and reusing. If he and his family are able, they seize the opportunity to bring life back into almost anything. The windows in their greenhouse were pulled from a home in Beaverdale, and the bricks on their patio came from an old house in Des Moines. They make citronella torches out of wine bottles and constructed an entire deck out of used materials.

The equal distribution of labor has become a well-oiled machine for the Fife family over the years. The couple's two daughters, Olivia and

Rylan, help with harvesting in the fall and weeding the gardens. The girls tend to their pet chickens and are trusted to retrieve the eggs.

"I think our children will take the memories of these activities with them as they grow, and it will inspire them to do this with their own families someday," Fife says. "It's something we can create together. And it needs us, too; we are a necessary part of the garden's survival."

His family has years of labor invested into their hobby, but Fife assures that even massive gardening can easily be done on a budget. He is happy to provide cuttings to other gardeners and often receives plants in return.

"We love to share our passion, interests and our story," he says. "We built this for us, but to know that other area gardeners appreciate it and share our love of gardening is very gratifying."

The greener, the better

Cathy Witkovski is an expert on hostas, literally. In addition to hold-



Cathy Witkovski is a well-known hosta enthusiast. She has planted 550 different varieties of the plant at her Windsor Heights home. Photo by Courtney Keiser.

EASY LIVING AT RAMSEY VILLAGE

RESIDENTIAL CARE ASSISTED LIVING

- Large Suites Available
- \$300.00 Moving Allowance
- A NO "BUY IN" COMMUNITY
- Medication Management
- All Meals/Snacks Provided
- All Utilities and Cable Included
- Wonderful Social Activities/Outings
- Transportation Available
- Dressing, Bathing and Transferring Assurances Included

BREAKFAST AND LEARN
WEDNESDAY, MAY 20 • 9-10AM



RAMSEY VILLAGE
CONTINUING CARE
RETIREMENT COMMUNITY

Located in the historic Drake University neighborhood

1611 27th STREET DES MOINES • 515.809.0608

FEATURE |

ing the title of Senior Hosta Judge, she also belongs to The National Hosta Society, The Russ O’Harra Hosta Society and the Midwest Hosta Society.

However, her infatuation with hostas started at home.

“I have always been able to grow things outside, but not inside,” she says. “When we first moved to Windsor Heights, I used to drive over to the Waterbury area with a friend, and we would ooh and aah over the beautiful hostas.”

Now, Witkovski doesn’t have to feel envious — it’s her perfectly green landscape receiving the rave reviews. Throughout the years, she and her husband, Gary, have acquired an impressive collection: 550 different varieties of sun and shade hostas, to be exact. What is now a floral masterpiece — complete with six water features including a bubbling basalt spire and pond — began to take shape in 1995 with just a rock and sheet plastic.

When hosta hybridizers (experts) develop specific varieties of the plant, each one is given its own moniker. Witkovski’s space houses both standard and rare hostas. The garden is labeled meticulously so that each piece is appropriately represented. She has hostas with the nicknames June, Merry Sunshine, Banana Muffins, Liberty, Praying Hands, Sea Octopus, Bachelor Party and Ebb Tide, among many others.

“I’ve been asked if a hybridizer could dedicate a hosta to the city and name it Windsor Heights,” Witkovski laughs. “I’m still working on that.”

Witkovski wants her garden to remain unique. She has planted European wild ginger, hibiscus, coral bells, golden bleeding heart, ferns and has added an eclectic mix of lawn art from farmers markets including a praying mantis statue, stained glass posts, gazing balls, benches, bubbling rocks and vases.

And you can’t miss the dragons.

A large dragon sits on a bed of amethyst crystals near the backyard pond. Another, dubbed Kona the Coffee Dragon, rests near the patio holding a coffee cup. The main statement piece is spread throughout the front yard and is the largest of the dragon collection at 10 feet long.

Witkovski spends more than three hours a day tending to her plants. She uses a 10-10-10 plant food and keeps rabbits at bay with the human fertilizer Milorganite. Deadline repellent for slugs and snails is Witkovski’s go-to product to deter destructive pests.

Witkovski says she is proud to form relationships and share plants with others who appreciate hostas. But most of all, she adores the peace and beauty of the space she and her husband created together.

“I love hostas because they have different shapes, colors and textures,” she explains. “I love the sound of the water and to sit and enjoy the environment.”



Gardening is a peaceful, pleasurable and spiritual experience for Windsor Heights resident Karen Tandy. She enjoys spending time outside enjoying the view she created. Photo by Courtney Keiser.

A spiritual sanctuary

Gardening feels like second nature for Karen Tandy. After all, she learned from the best — her father.

“He was my mentor, and as a child I loved to follow him around as he planted seeds, bulbs and lots of snapdragons,” she says. “He gardened until he died at age 79.”

Today, Tandy spends the majority of her time tending to her own garden. She doesn’t have to be there — she wants to be there. It’s not work; it’s fun. She’ll head out early with a cup of coffee, and before she knows it she’s weeding and working for hours. Later, she’ll sit on the deck and revel in the view she created.

Gardening is peaceful, pleasurable and also spiritual for Tandy. When she and husband, Karl, moved into their Windsor Heights home, the yard was basically a clean slate. Tandy added plants one at a time until her landscape was full with tomatoes, herbs, annuals and perennials.

“Perennials will come back like an old friend and bloom each year,” she explains. “I love my lilies, especially the orienpets, Asiatic lilies and martagons.”

In addition, Tandy’s outdoor space includes a few different varieties of clematis, including Betty Corning, rooguchi and Arabella. She plants tropical flowers such as Peruvian daffodils, rain lilies, elephant ears, tuberose and calla lilies in pots. These flowers won’t survive cold temps, so Tandy stores them in the garage during the winter.

Tandy has a water system and also feeds the garden with Milorganite fertilizer to keep her blooms healthy. She is a proud pesticide- and herbicide-free horticulturist.

“I want all of the beneficial insects — butterflies, birds and bees to be welcome,” she says. “I do use an organic product when I have to on the roses and other mildew problems.”

The Tandys are a perfect match. They are avid do-it-yourselfers and work well as a husband-wife team. Karl is a skilled woodworker and has built one-of-a-kind benches, trellises, bird houses and art for the space. Karen is the green thumb.

The couple realized early on that a chain link fence wasn’t enough to keep rabbits from eating the plants. So Karl attached chicken wire to the bottom of the fence. It worked, except one large bunny remained. It took the help of neighbors and a great deal of persistence, but eventually the Tandys flushed the rabbit out of the gate and haven’t had a visit from their furry friends since.

Of course, gardening does have an off-season. Iowa winters are frigid and long, making even the most patient greenskeepers restless. Tandy spends this time scouring magazines and books for ideas and composting in the garage. She’s active year-round in two garden clubs and the Keep Windsor Heights Beautiful Committee.

She feels blessed to have made friends through garden tours and plant exchanges.

“I’ve never met a gardener that I didn’t like,” she exclaims. “Gardeners have big hearts.” ■

WH

Windsor Heights
the heart of it all

MAY 2015

City of Windsor Heights

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

www.windsorheights.org

75TH ANNIVERSARY COMMITTEE

The Windsor Heights 75th anniversary committee invites you to join in and help with 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. Meeting Dates (All meetings begin at 5:30PM) - May 19, June 9 and June 23. The Committee will try to hold meetings at the Community and Events Center, but there may be last minute changes. Contact the anniversary committee at windsorheights75@gmail.com with any questions.

BICYCLE RODEO MAY 21

Brought to you by the Windsor Heights Police Department and Kyle's Bikes, the Bicycle Rodeo is a safety initiative emphasizing the use of helmets, while teaching kids how to stay safe on their bikes. Attend the Bicycle Rodeo on Thursday, May 21, 2015 from 6-7pm at the Colby Park Pavilion located at 6900 School Street. Kyle's Bikes will offer free safety inspections on kid's bikes and Detective Woods will demonstrate hand signals and how to ride a bike safely. Kids will also learn how to properly wear a helmet, how to adjust a bike for comfort and there will be a flat tire repair demonstration. If you have questions about the event, please contact Detective Woods at 277-4453.

SUMMER MOVIES IN THE PARK

The Movies in the Park series is back again this year in Colby Park. Make Friday night "Family Movie Night"! We supply the movie, you bring the family! Come out early, bring a picnic dinner and a blanket, and enjoy quality time with your family in the beautiful park. Movies begin at dusk. For more information, visit www.windsorheights.org or call 645-6821.



2015 SCHEDULE

June 19	Big Hero 6
June 26	It's A Hard Knock Life
July 10	The Lego Movie
July 17	Paddington
July 24	When The Game Stands Tall
July 31	Brave
August 7	Alexander and the Terrible, Horrible, No Good, Very Bad Day (This movie will be in conjunction with the Read-Bike-Run Event)

2015 WINDSOR HEIGHTS MUSIC IN THE PARK

The 2015 Windsor Heights Music in the Park schedule has been set. Sponsored by the Windsor Heights Foundation, the 10 concert series in Colby Park begins Tuesday, June 9th. The Ralph Zarnow Orchestra, directed by Dan Hartzler, will open the series.

All of the concerts are free and will include free beverages provided by Bankers Trust, free snow cones by the Windsor Heights Lions Club and free popcorn by the Windsor Heights Foundation. There will be door prizes as well.

Music in the Park is being underwritten by donors to the Windsor Heights Foundation annual fund, the Windsor Heights Lions Club, and grants from, Polk County Community Betterment, and the Iowa Foundation for Education, Environment and the Arts, with in-kind support from the City of Windsor Heights.

If bad weather is forecast, please check the Foundation website at www.windsorheightsfoundation.org for band updates and cancellation questions. Donations to the Windsor Heights Foundation will be gratefully accepted at any time.

2015 SCHEDULE

June 9	Ralph Zarnow Orchestra
June 16	Java Jews
June 23	Party Gras
June 30	Sacred Heart Sax N Brass
July 7	Hold On
July 14	Urbandale Community Adult Band
July 21	Free Style
July 28	RVJ Trio
August 4	Greater Des Moines Community Band (Includes Night Out Against Crime Activities)
August 11	Hot Club



WINDSOR HEIGHTS ANNUAL 4TH OF JULY

It's our biggest community celebration and it's back again this year! Mark your calendars now for July 4th, 2015 and make plans to come spend the day celebrating our country's independence. Festivities will include our annual parade, food vendors, inflatables and other kids'

activities, as well as entertainment and fireworks. For updates and more, check out future newsletters and the website or follow us on the City Facebook page.

SUSTAINABLE LIVING EDUCATIONAL SERIES

When? Tuesday, May 26, 7:00pm – 8:00pm
Where? Community Center, 6900 School Street

Gail Bemis with Des Moines Water Works will educate residents about the sources of water pollution in our watershed and what can be done to prevent them. Gail will also talk about wise water use and the impacts of bottled water on the environment.

As always the educational presentations will be free of charge to attend and open to the public. Cookies and punch will be provided! The City would prefer for attendees to register for the event with Sheena Danzer at sdanzer@windsorheights.org or 515-645-6826. Walk-ins are also welcome.

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

CALENDAR

Friday May 22

- DCHS Track: Varsity State Tournament vs. Drake, TBD @ Drake Stadium
- RHS Soccer: Girls JV/V vs. Nevada, 4:45/6:15 p.m. @ James Cownie Complex

Saturday May 23

- DCHS Track: Varsity State Tournament vs. Drake, TBD @ Drake Stadium
- RHS Graduation, 7:30 p.m., Knapp Center

Monday May 25

- Memorial Day

Tuesday May 26

- DCHS Softball: 9th vs. Valley, 4:30 p.m. @ Dowling
- Sustainable Series, 7-8 p.m., Community and Events Center, 6900 School St.

Wednesday May 27

- RHS Baseball: Varsity vs. Ankeny, 3:30 p.m. @ Roosevelt
- DCHS Baseball: Varsity vs. Ottumwa, 5 p.m. @ Dowling
- Planning and Zoning Meeting, 5-7 p.m., Public Safety Building Council Chambers

Thursday May 28

- RHS Baseball: 9/10th vs. Ottumwa, 10:30 a.m./3:30 p.m. @ Roosevelt
- RHS Softball: Varsity vs. North,

- 4:15 p.m. @ Roosevelt
- DCHS Baseball: 10th vs. Valley, 5 p.m. @ Dowling
- DCHS Softball: 9th vs. Mason City, 5 p.m. @ Dowling

Friday May 29

- RHS Baseball: Varsity vs. Marshalltown, 3:30 p.m. @ Roosevelt
- DCHS Softball: JV/V vs. Mason City, 4:15/6 p.m. @ Dowling

Monday June 1

- RHS Softball: 9/JV/V vs. Lincoln, 1/4:15/6 p.m. @ Roosevelt
- RHS Baseball 9/10th vs. Southeast Polk, 4:30/6 p.m. @ Roosevelt
- DCHS Softball: JV/V vs. Winterset, 6/7:30 p.m. @ Dowling/Winterset
- Council Meeting, 6-8 p.m., City Hall

Tuesday June 2

- DCHS Softball: JV/V vs. Bondurant, 6/7:30 p.m. @ Dowling
- Chamber Lunch and Learn, 11:45 a.m. - 1 p.m., Isla Cozumel

Wednesday June 3

- RHS Baseball: Varsity vs. Hoover, 3:30 p.m. @ Roosevelt
- DCHS Baseball: 9/10th vs. Fort Dodge, 11:30 a.m./5 p.m. @ Dowling

Thursday June 4

- RHS Softball: JV/V vs. Hoover, 2:30/4:15 p.m. @ Roosevelt
- DCHS Softball: 8th vs. Indianola, 9 a.m. @ Dowling
- DCHS Baseball: JV vs. Valley,

11:30 a.m. @ Dowling

Monday June 8

- RHS Baseball: 9/10th vs. Indianola, 10:30 a.m./3:30 p.m. @ Roosevelt
- DCHS Baseball: 9th vs. Valley, 11:30 a.m. @ Dowling
- DCHS Softball: 9/JV/V vs. Valley, 1/4:15/6 p.m. @ Valley
- DCHS Baseball: Varsity vs. Valley, 5 p.m. @ Valley
- 10/60 Meeting, Residents will have 60 minutes to ask the mayor and administrator any 10 questions they want. 5:15-6:15 p.m., Windsor Heights Community and Events Center

Tuesday June 9

- DCHS Baseball: JV vs. Valley, 11:30 p.m. @ Valley
- Music in the Park: Ralph Zarnow Orchestra, 7-9 p.m., Colby Park

Wednesday June 10

- RHS Baseball: Varsity vs. East, 3:30 p.m. @ Roosevelt
- DCHS Softball: 9/JV/V vs. Ankeny, 1/4:15/6 p.m. @ Dowling
- DCHS Baseball: Varsity vs. Ankeny, 5 p.m. @ Dowling

Thursday June 11

- RHS Baseball: 9/10th vs. Johnston, 10:30 a.m./3:30 p.m. @ Roosevelt
- DCHS Softball: 8th vs. Ankeny Centennial, 9 a.m. @ Dowling
- RHS Soccer: Girls Varsity State Tournament vs. IGHS AU, TBD, James Cownie Soccer Complex

Friday June 12

- RHS Soccer: Girls Varsity State

Tournament vs. IGHS AU, TBD, James Cownie Soccer Complex

- DCHS Baseball: 9/10th vs. Roosevelt, 11:30 a.m./5 p.m. @ Dowling

Saturday June 13

- RHS Soccer: Girls Varsity State Tournament vs. IGHS AU, TBD, James Cownie Soccer Complex
- DCHS Baseball: Varsity vs. Wahlert, 1:30 p.m. @ Dowling
- DCHS Baseball: Varsity vs. Sioux City Bishop Heelan, 8:30 p.m. @ Dowling

Sunday June 14

- DCHS Baseball: Varsity vs. Assumption Davenport, 1 p.m. @ Dowling

Monday June 15

- JR Detectives, 9-11 a.m., Windsor Heights Police Department
- City council, 6-8 p.m., City Hall
- RHS Baseball: 10th vs. North, 3:30 p.m. @ Roosevelt
- DCHS Softball: 9/JV/V vs. Ankeny Centennial, 1/4:15/6 p.m. @ Dowling
- DCHS Baseball: Varsity vs. Ankeny Centennial, 5 p.m. @ Dowling

Tuesday June 16

- Music in the Park: Java Jews, 7-9 p.m., Colby Park
- DCHS Softball: 9th vs. Roosevelt, 1 p.m. @ Dowling

Wednesday June 17

- DCHS Softball: 8th vs. Johnston, 9 a.m. @ Dowling
- DCHS Baseball: 9/10th vs. Southeast Polk, 11:30 a.m./5 p.m. @ Dowling

Thursday June 18

- RHS Baseball: 9/10th vs. Valley, 11:30 a.m./5 p.m. @ Roosevelt
- DCHS Baseball: 9/10th vs. East, 11:30 a.m./5 p.m. @ Dowling

UPCOMING HOME GAMES

DATE	OPPONENT
MAY 21-24	Tacoma Rainiers
MAY 25-28	Reno Aces
JUNE 6-9	Memphis Redbirds
JUNE 11-14	Colorado Springs Sky Sox
JUNE 23-25	Omaha Storm Chasers
JUNE 26-29	New Orleans Zephyrs

SOMETHING FOR EVERYONE!

FIREWORKS EVERY FRIDAY NIGHT!
Complete schedule online iowacubs.com

CALL 515.243.6111 OR iowacubs.com TO ORDER TICKETS!

LUDWIG ROOFING INC.
est. 1985

Residential Roofing
"We Hand Nail"

A+ RATING WITH BBB ACCREDITED BUSINESS

INSURED

Free Estimates
270-9643
Windsor Heights

Promote your event!

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

OUT AND ABOUT |

When I grow up...

"When I Grow Up," an art show and career fair and business expo, was held April 9 at Walnut Creek Church. This was the first year for the Windsor Heights Chamber of Commerce event.



Peyton Boisen, winner in the art show age 6 category.



Missy Bendict and Karrie VanderSluis



Matt Kneifl, Sabina Kneifl and Miles Kneifl



Good Neigh Bear and Matt Cale



Dayton Cale and Gabby Cale



Amanda Hagenow, Laura Zahr and Anthony Formaro



Courtney Bierschenk



Matt Reiff and Corey Lockner



Nathan McMaui



The Windsor Heights Police Department.



Miles Kneifl, right, inside the Windsor Heights Fire Department truck.

Financial power of attorney

Making decisions when someone becomes incapacitated

By Charlotte Sucik, attorney, Abendroth and Russell Law Firm

Our firm specializes in issues of alternate decision-making. Our clients often assist family members with decision-making. Whether it is an aging parent or a child with a disability, these informal arrangements are common. However, sometimes a more formal legal solution is necessary. If the person's mental capacity is in question or if a bank or nursing home requires legal paperwork, the family must seek out an expert.

There are two major options for a family facing personal care or financial challenges. The first is a durable financial power of attorney, which is a written document that gives an agent broad power to act. The power of attorney must be executed when the person is competent. If the disabled person

never planned for incapacity, or if the incapacity came about very quickly (through a brain injury or stroke, for example), a court order appointing a guardian or conservator is needed.

A guardianship and a conservatorship are each separate legal entities that are established by court order. They are court-authorized relationships whereby one person assumes responsibility for the care, property and finances of another. A guardianship or conservatorship is appropriate when a person's decision-making capacity is so impaired that the person is unable to care for his or her own personal safety or to provide for his or her necessities.

A conservator is responsible for managing the ward's finances. The conservator takes control of



the ward's assets and uses them on behalf of the ward. The conservator must pay bills and balance the ward's checkbook.

A guardian is responsible for the ward's needs other than financial matters. The guardian can direct where the ward will live and whether the ward needs to move to a more restrictive environment.

Although the judicial system is involved, the entire proceeding is more collaborative than

adversarial. Generally, it is a fairly straightforward process to demonstrate incapacity and appoint a guardian or conservator. However, guardianships and conservatorships completely take away or severely limit the ward's decision-making authority. They are also more time-consuming and costly than alternative methods, because the court requires annual reporting and prior approval for expenditures. Because of this, guardianships and conservatorships should only be used when there are no other options. ■

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

NEED A PLAN?

WE ARE HERE TO HELP YOU LIVE EVERY MOMENT...

SEE US FOR HELP WITH

- Probate ■ Real Estate ■ Wills
- Estate Planning ■ Trusts
- 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

WHAT'S IN YOUR GARAGE |

Bertha

Shumaker is proud of German motorcycle

By Lisa Verhey-Budding

When he is not working on the railroad, Brian Shumaker of Windsor Heights tries to spend as much time as possible cruising around on his 1956 BMW R69 motorcycle.

The Shumaker garage is currently full of household appliances, as they are in the middle of a remodeling project. However, amongst the chaos, under protective cover, sits a beautiful relic of a motorcycle.

Shumaker says he has always been attracted to the 1950s vintage styling of motorcycles and searched high and low before finding his Beamer.

"1956 BMW motorcycles aren't easy to find in Iowa. I got lucky and found one in Kearney, Nebraska, by way of Craigslist," he says. "I have been looking for one like this for years. I've had other BMWs, but not one of this great vintage."

Shumaker has been a conductor for the Union Pacific Railroad for 10 years, with a 24/7 on-call work schedule. He says he doesn't have a lot of time to indulge in hobbies, so any time spent on his bike is treasured rest and relaxation time.

"We have two kids that need attention as well, and now we are busy with working on the house. I try and ride at least couple of hours on the weekends," he says.

German engineering has always been something that Shumaker has admired. Buying his '56 BMW just made sense.

"This particular model was the Cadillac of bikes in 1956.

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



Brian Shumaker and his 1956 BMW R69 motorcycle, which he calls "Bertha." Photo by Lisa Verhey-Budding.

The price tag was \$2,500. That was at least \$1,000 over any other bike on the market back then. German machines are like, bullet-proof and just keep on going forever," he says. "My bike came original from the factory in Germany."

"Bertha" is the name Shumaker has lovingly given this black-beauty Beamer.

"The name kind of depends on my mood for the day. I call her Gertrude or Bertha. They are good, old-fashioned German names. I'll call her Bertha today," he says.

According to Shumaker, Bertha is yet to have the complete package he desires for her.

"I am constantly looking for a 1956 Iowa motorcycle license plate to put on her. This has been really hard to find. I'll take any help I can get in locating one," he says. ■

EDUCATION |

Meet Missy Barrie

Teacher enjoys the views her students share

By Rainey Cook

In her spare time this month, Missy Barrie is planning a road trip with family and friends to Utah, seeking at least 10 national parks along the way. She's also planning to make an appearance in Hannibal, Missouri, for Tom Sawyer Days. She's probably doing this over a cup of coffee — her favorite. When not making travel plans you might find her reading, watching reality TV or engrossed in a good movie.

None of that is consuming Barrie at the moment. She's still very much involved in her full-time position that she is passionate about — being a teacher.

At Iowa Christian Academy for two years, she loves her position for many reasons. She loves the freedom she and her students get to learn at their own pace — for the most part. She enjoys that the kids have the freedom to be themselves. She also enjoys her small class sizes, the largest being 19 and the smallest being five. She feels the one-on-one she gets to spend with her students is key.

Barrie teaches social studies to ninth through 12th graders. This includes history, government, psychology and personal finance. What she likes best about this age is the adult-like conversations she has with them.

"At this age, they really do start to develop their own opinions," says Barrie. "They have new views on the world, their friends and even family."



Missy Barrie teaches high school classes at Iowa Christian Academy. Photos by Rainey Cook.

The Biblical teachings at Iowa Christian Academy are two-fold. There is a class to study the Bible. Then there are teachers who walk in a way that demonstrates what we as Christians are called to do.

Beyond that, Barrie also focuses on critical thinking. She and her students talk about what happened — be it history or a current event — then discuss why it happened and whether or not it was the right thing.

She also teaches practical life skills. Accountability and responsibility are important in her class and something she expects her students to take outside her class as well.

Her classroom is decorated with government posters, homework reminders and a cozy chair you might find in a living room at home. Her students have the option to sit in it whenever they want.

"Everyone loves this chair," Barrie says. ■

What do you like best about your teacher?



Peter Joy:
"When we are doing a project she keeps us on track. It's very helpful."



Devon Veach:
"She keeps us focused from beginning of class to the end."



Sydney Kolb:
"Her teaching style. She keeps us interacting with videos and group activities."

NEWS BRIEF |

Ground broken for high school complex

Iowa Christian Academy, in partnership with Walnut Creek Church, broke ground for a new high school complex at 2251 Fuller Road on Thursday, May 14. Walnut Creek Church owns the property and offered to partner with ICA by leasing five acres to the school.

Phase One of the project is construction of a home gym for the school. Phase Two of the project is construction of high school classrooms, with Phase Three being the remodeling of the current facility on Vine Street to accommodate more elementary students. More than \$1 million of the estimated \$2.5 million cost was raised internally by ICA families — with more than 85 percent of families participating in some way in the capital campaign.

"ICA has been deeply blessed throughout its short history, and we are grateful to the leadership of Walnut Creek Church for helping this long-held dream come true," says Scott Kolb, board chair. "This is yet another blessing that will help the mission of the school in developing leaders committed to Christ."

"When people from different Christian communities work together for a common good, it is a powerful testimony of Christ's love. Walnut Creek Church is delighted to work with Iowa Christian Academy, such an outstanding Christian school, in seeing this beautiful facility built," says Tim Rude, Pastor, Walnut Creek Church.

Founded in 1999, Iowa Christian Academy is a private, non-denominational Christian school dedicated to providing a quality, faith-based education from a Biblical worldview to students preschool through 12th grade. ■

RECIPE |

Chocolate velvet dessert

Three layers of chocolate satisfy

By Marchelle Walter Brown

As I'm sure I've mentioned in other articles, I live with and am surrounded by a family of chocoholics. Although I personally do not suffer from this affliction, I do admit to being a bit of a kitchen-gadget queen, and I also love to experiment and try new recipes. My family is also always quite willing to be my "guinea pigs" and is very honest in giving me a thumbs up or thumbs down when sampling my new concoctions. They never tell me that something isn't good, but I know it has passed the test when my husband says, "This is a keeper." That is my cue to write in down, old style, in a recipe book so it can be easily found and repeated.

The latest dessert to get that nod is a rich, creamy, chocolate concoction that I ran across as I was searching for something new to try. Every layer is a different texture, but every layer is chocolate. Although I normally follow recipes to a T, at least the first time around, I tweaked this one a little to make it a better fit at our house. After receiving a two thumbs up from my husband and father-in-law, it went into my recipe book like this. ■



Chocolate velvet dessert

Ingredients

1-1/2 cups chocolate graham cracker crumbs
2 tablespoons sugar
1/4 cup butter (melted)
2 cups (12 oz.) semisweet chocolate chips
6 egg yolks
1-3/4 cups heavy whipping cream
1 teaspoon vanilla extract

Chocolate buttercream frosting

1/2 cup butter (softened)
3 cups powdered sugar
3 tablespoons baking cocoa
3 or 4 tablespoons milk

Directions

1. In a small bowl, combine chocolate cracker crumbs and sugar; stir in butter. Press onto the bottom and 1-1/2 inches up the sides of a greased 9-inch round pan. (You can use a springform pan if you have one). Place on a baking sheet. Bake at 350° for 10 minutes. Cool on a wire rack.
2. In a large microwave-safe bowl, melt

chocolate chips and stir until smooth. Cool.

3. In a small bowl, combine the egg yolks, cream and vanilla. Gradually stir a small amount of mixture into melted chocolate until blended; gradually stir in remaining mixture and continue stirring until smooth and incorporated well. Pour into crust.

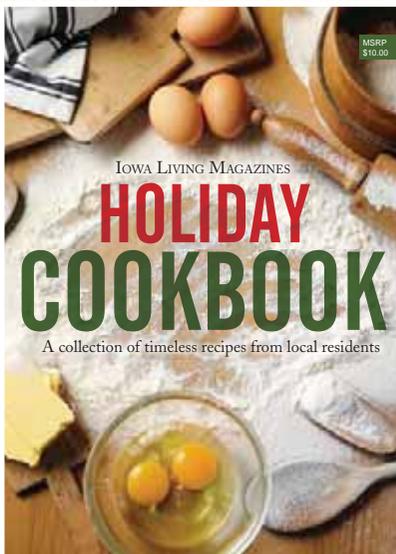
3. Place pan on a baking sheet. Bake at 350° for 45-50 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer and then refrigerate until completely cool or overnight.

4. In a large bowl, combine the butter, confectioners' sugar, cocoa and enough milk to achieve a good spreadable consistency. Spread smoothly onto the dessert using a metal spatula.

(If you would like a fancier look, and have the necessary tools, make sure the frosting is of piping consistency and, using a large star tip, pipe the frosting onto the dessert.)

HAVE A RECIPE YOU ARE ALWAYS ASKED TO SHARE?

Send us your recipe to be included in your local Iowa Living Cookbook! Pick up the finished product around Thanksgiving at local stores, and share with your family and friends who are always asking for that recipe!



SUBMIT ONLINE AT

www.iowalivingmagazines.com/cookbook

Pinit!





Kids at Windsor Heights enjoying a vacation Bible school special from the past. Each year comes with a few fun surprises for students.

Wade in the water

Vacation Bible school season is approaching

By Chris Kelley

It's almost that time of year again. As days are crossed off the calendar, warm weather is finding its way to central Iowa. The school year is packed with busy schedules, long hours and little chance for youth to recharge and focus on Christ. Fortunately, with the end of classes and the start of the summer months, that can only mean one thing at Windsor Heights Lutheran Church: vacation Bible school.

"But whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." — John 4:14

Water to thrive

Windsor Heights Lutheran Church will partner in connection with Urbandale's St. Stephen Lutheran Church for this year's annual VBS program. The five-day event officially kicks off Sunday, June 21 beginning at 5 p.m. at the Windsor Heights location and runs through June 25.

The weeklong celebration of Christ's love is tailored specifically to children from pre-kindergarten through sixth grade and provides a plethora of events and activities to get everyone involved.

This year's theme for VBS is "Wade in the Water." Each night will kick off with a free meal

for parents, kids and volunteers. Students will then get the chance to break off into classes to take on some fun learning, studying and rejoicing. The week of festivities will also include a special celebration at St. Stephen Lutheran in Urbandale called Water to Thrive. The best part? Windsor Heights Lutheran Church's VBS program is completely free to register for.

Windsor Heights Lutheran Church

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

Registration

Want to get your kid involved? No problem. All it takes is a few clicks of a button. Registration for this summer's VBS program has now gone viral and can be found on the church's website under the VBS tab.

Parents can sign their children up with the simple online form or reach out to staff at WHLC for assistance. Event organizers hope to help strengthen children's relationship with God and with others in the church community, a perfect way to keep lazy kids busy on a warm summer day. ■



Janet and George Hanusa enjoy their peaceful, green retreat. Photos by Rainey Cook.

Heart of it all

Hanusas enjoy life in the midst of Windsor Heights

By Rainey Cook

Much has changed in Windsor Heights over the years. Being a land-locked city, it's not the residential expansion that has contributed to the vast changes over the years; rather, it's what the city has done for itself with the space it possesses. However, many Windsor Heights residents will agree few things have changed about their small city, and that's the very reason they stay. Windsor Heights is a quiet, friendly and well-taken-care-of city in which to reside.

George and Janet Hanusa have lived in their Windsor Heights Colby brick for 39 years in September. What they enjoy about their home is the location, the quiet streets, great neighbors and the West Des Moines school district that their children once attended.

They've seen neighbors come and go.

"I try to make a point to welcome new neighbors, and I still keep in touch with neighbors who have left," Janet says.

Entertaining for the couple isn't completely a thing of the past — they just used to do more of it. Now, it's still coffee with those friendly neighbors and family gatherings.

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.

More time is spent in their backyard planting a spring-time garden. With his garden already in and fenced to keep out deer, George awaits spinach, lettuce, radishes, carrots, beets, beans, onions and rhubarb, to name the top items. This garden is surrounded by dark purple violets and soon-to-be-planted marigolds.

There is a flower garden in the corner with cone flowers, tulips and bell flowers. The iron garden dragon is a gift from their daughter who now lives in Chicago.

There is color, depth and mature trees in the Hanusa backyard. The screened-porch addition is a quiet place to enjoy it all. Decorated with bright yellow sunflowers in memory of Janet's mother, it's a fun little room.

George is a bit of a history buff himself. He recalls the home builder names — McDowell, Troutman, Bensmiller and, of course, Colby. The first city ordinance was the 25 mph speed limit set in 1941 which hasn't changed since.

Be it the unique style of homes in Windsor Heights, the slow speed throughout or the numerous friendly neighbors all around, the Hanusas are pleased to be Windsor Heights residents and plan to remain as such. ■



You put your family first. Don't you deserve a financial advisor who puts you first?

At Edward Jones, your goals are our priority. That's why your financial advisor will meet with you face to face to talk about what's most important to you and your family. From there, you'll work together to create an investment strategy to help you work toward your goals.

Join the nearly 7 million investors already
working with an Edward Jones financial advisor.



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

INS-1945D-A-AD

FINANCE |

Step-by-step approach can ease estate- planning process

Like many people, you may enjoy investing. After all, it can be invigorating to put away money for your future. However, you might be less excited about doing estate planning, dreading the perceived time, effort and cost. You can make the entire process more manageable by breaking it up into specific tasks. What are these tasks?

- **Purchase life insurance.** If something were to happen to you, would your family be able to stay in the house? Would your children be able to go to college? You may consider working with a financial professional who can evaluate your assets, goals and family situation and then recommend an appropriate level of coverage.

- **Draw up your will.** A will is probably the most essential estate-planning document. Regardless of the size of your estate, you need a will to ensure that your assets and personal belongings will be distributed according to your wishes. If you die intestate (without a will), your belongings will be distributed to your "heirs" as defined by state laws, and these distributions may not be at all what you had in mind.

- **Consider a living trust.** You may also need to go beyond a will when drawing up your estate plans. For example, you might want to create a living trust, which can allow your assets to go directly to your heirs, avoiding the public, time-consuming and expensive process of probate.

- **Check beneficiary designations.** The beneficiary designations on your insurance policies and retirement accounts



are powerful and can even supersede the instructions left in your will. It's in your best interest to make sure you've got the right people listed as your beneficiaries. Over time, you may need to update these designations to reflect changes in your family situation.

- **Make final arrangements.** Whenever you pass away, it will be a stressful time for your loved ones. To ease their burden, consider establishing a "payable-on-death" account at your bank and then funding this account to pay for your funeral and related expenses.

- **Share your plans.** Share your plans with your loved ones and heirs. It's important that everyone knows their roles in carrying out your wishes.

When dealing with any estate-planning issues, you'll want to consult with your legal and tax professionals. And by taking a step-by-step approach, you can keep the process moving forward without feeling that you're being overwhelmed. ■

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

**Advertise
your church
services
& activities
in the next issue of**

Windsor Heights
Living
magazine

Call 953-4822 for a rep today!

INSURANCE |

What to note for home insurance review

Coverage needs can change over time

By Matt Cale, State Farm agent

The next time your insurance policies are up for renewal, consider taking these steps to help you get the most out of your coverage:

Meet with your agent

Your insurance needs change over time. Conducting an insurance review with your agent at least once each year can help you determine if your coverage options still make sense for your current situation.



Ask about discounts

During your annual insurance review, ask about policy discounts. During your renewal period, speak with your agent about discounts that may be available to you. You may qualify for discounts for alarm systems or for having a higher deductible on your home or your autos. Commonly overlooked discounts include infrequent or safe driver discounts.

Insure your home for the estimated cost to rebuild rather than the real estate value

State Farm® suggests you select a coverage amount equal to at least 100 percent of the estimated replacement cost of your home, but the choice is yours. You also should make sure any replacement cost estimate reflects the actual characteristics of your

home. Insuring your home for at least 100 percent of its estimated replacement cost — not the current market value — could give you the means to replace your home entirely in the event of a loss. If you have not completed or updated your estimated replacement cost in the last five years, it might be time to look at it again.

Carefully review the limitations on coverage and exclusions in your policy

Some items in your home might qualify for extra protection. For example, you may need more protection for jewelry and firearms. Business in the home coverage can protect furniture and equipment used for business purposes.

Talk to your agent to make sure you're not overlooking important add-ons or discounts that you may qualify for. ■

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

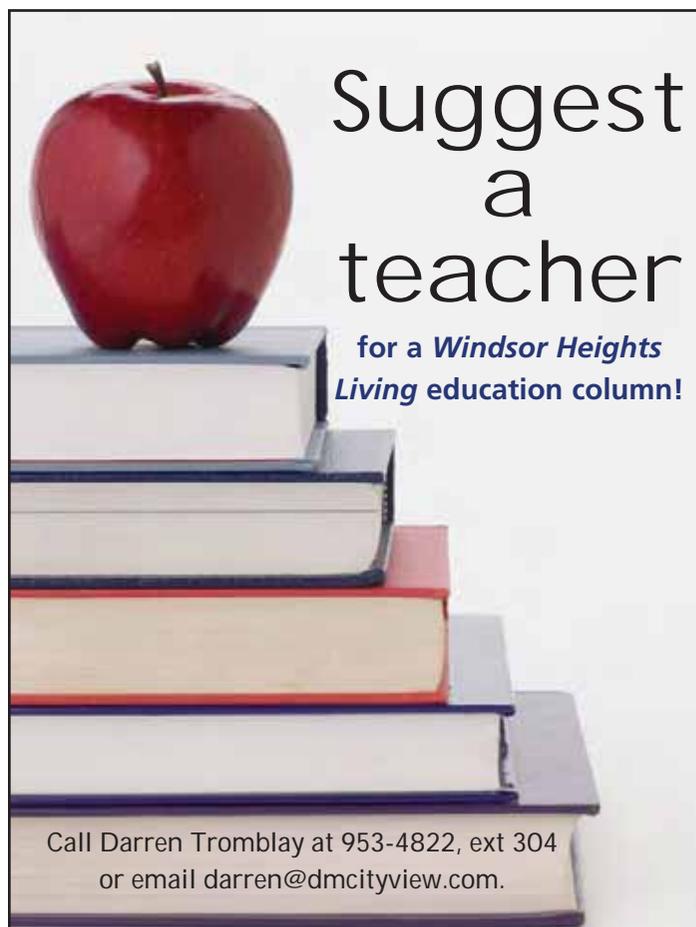
Providing Insurance
and Financial Services



Matt Cale
Agent



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



Suggest
a
teacher
for a Windsor Heights
Living education column!

Call Darren Tromblay at 953-4822, ext 304
or email darren@dmcityview.com.

Focus on your passion

Finding a new direction as you near retirement

By Susan Ray, executive director, The Reserve

The last couple of months we have been exploring the transition into what is commonly known as retirement or the second phase of life. This transition can be difficult; however, the difficulty of the transition can be minimized by discovering "purpose" in the second half of life. The quest for purpose, meaning and passion is not easy. Purpose just doesn't happen. It's up to you to discover it. Transition is a perfect time for opportunity and change. Embrace the possibility and see what you come up with.

Last month I left you with some homework. I suggested you review a few questions I listed that were intended to guide you into the mode of thinking and assist to begin defining your personal purpose. I

hope you were honest when you were answering the questions. A goal of this exercise was for the questions to enable you to pause and really think. As you are searching for purpose think beyond the word "retirement." Consider other "R" words such as rejuvenation, reinvention, redirection or rediscovery. Thinking in these terms sets the mood to reach further and stretch toward real potential.

A big challenge which is presented during this transition is determining a new direction — to change your course. Your new course ideally focuses on what you are passionate about. Passion is defined as a strong feeling of enthusiasm or excitement for something or about doing something; a strong feeling that causes you to act in



a dangerous way. Consider what passion does for us — it drives us. Passion inspires and gives our lives meaning and purpose beyond merely going through the motions.

The second half of life offers more than sleeping in late, golfing, traveling and all those things you wished you had more time to do when you were working fulltime and raising a family. Retirement is

not just about being busy; being busy doesn't add exuberance to our lives. Living at this point in your life is not just about busy or getting by — it is about experiencing all that the world has to offer. Pursing your passion brings purpose to your life. There really is so much to be passionate about. Passion is what makes us feel alive and helps us to experience each moment for all it's worth. Why would we settle for anything less?

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." — Michelangelo ■

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



Happy Mother's Day
from The Reserve

"Mom told me moving from her home of 30 years was the hardest decision that she and I ever made together, but that it was a true blessing. Mom loves her new home and feels safe and happy living at The Reserve. What more could I ask for?"



— Laura DePhillips, daughter of Sandra Richman

LOCATION. LOCATION. LOCATION.

The Reserve is in the heartbeat of Urbandale, Iowa that has been named as one of CNN Money's *Top 100 Places to Live*.

You'll have close and easy access to shopping, dining, recreation and health care services that complement the amenities of independent, carefree living at The Reserve.

LUXURIOUS 1 AND 2 BEDROOM UNITS NOW AVAILABLE

Call (515) 727-5927 for your personal tour!
ahuffman@newburyliving.com



2727 - 82nd PLACE | URBANDALE | www.ReserveUrbandale.com

CHAMBER NEWS |

Active season for the Chamber

New members, new website and more

By Michael Libbie, Windsor Heights Chamber president

Our Mission: "To promote and support members, local businesses and organizations through advocacy, publicity and education, while working to promote the growth of our members, economic development and the quality of life in Windsor Heights."

Welcome new members

We keep growing, thanks to our newest members, Kathi Dellaca of Colwell Banker and the Windsor Heights Lions Club. As of today we're sitting at 73 members. As you can see, membership is not limited to companies. Individuals and non-profit organizations can also join the Windsor Heights Chamber. It's a great way to connect and, as they say, "People do business with people they know and trust." Join us.

New Chamber website

Over the past several weeks the Chamber has invested in a new, mobile-friendly website. Mobile-friendly means you can access the site on any device from desktop to mobile phone and see event updates and links without having to squeeze your screen.

Emerging leaders

Over the past several months members of what has been known as the WHYPro (Windsor Heights Young Professionals) have been working on re-branding the organization, its mission and the overall direction of the group. We expect to share some exciting news with you in coming weeks. Watch our Website for more!

WHAMM

By the time you read this we'll have completed the 33 Annual Windsor Heights Annual Mini-Marathon



(WHAMM). A huge thank you to the organizing committee, the volunteers and the folks who ran, walked or strolled. Photos and more on our website.

Chamber golf outing

We're making plans for an early September golf outing at the oldest golf course west of the Mississippi River. The Waveland Golf Course was built in 1901, and it's beautiful. Watch our website for more details and join us.

Lunch and Learn

Each month the Chamber holds a luncheon with a guest speaker on a topic of interest to members and guests. Our next event will be at member restaurant Isla Cozumel from 11:45 a.m. until 1 p.m. on Tuesday, June 2. You've gotta have lunch — might as well come and learn.

Emerald Ash Borer

By now you've heard that the Emerald Ash Borer has made its way to Polk County. City leaders have been working with the Iowa Department of Agriculture and Land Stewardship, the Polk County Conservation Commission and Iowa State Extension in planning the community response. For more information Google Iowa Tree Pests. ■

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



WINDSOR HEIGHTS
CHAMBER OF COMMERCE

WWW.WINDSORHEIGHTSCHAMBER.COM

PROMOTE THE PARTY!

Share photos of your child's
birthday celebration! Send your
milestone announcements with a photo,
and we'll publish them for **FREE!**



Iowa
Living
magazines

Send photos and captions to darren@dmcityview.com

OUT AND ABOUT |



Steve Peterson, Diana Willits and Dennis McDaniel at the Lagunita beer tasting event at the Windsor Heights Hy-Vee on May 7.



Matt Heldenbrand and Cate Wilson at the Lagunita beer tasting event at the Windsor Heights Hy-Vee on May 7.



Deb Bengtson, Jonathan Koester and Mike Bengtson at the Lagunita beer tasting event at the Windsor Heights Hy-Vee on May 7.



Brandon Matthews and Bryan McVean at the Lagunita beer tasting event at the Windsor Heights Hy-Vee on May 7.

CLASSIFIEDS |

ANNOUNCEMENTS
GEORGE WESELY ANTIQUE AUCTION, Saturday May 30th Fairfield Arts and Convention Center. Foot Treadle Sewing Machines, 3 Feather Light Sewing Machines, Westinghouse fans and More. Go to www.jeffersoncountyrealty.com For full list

HERO MILES - To Find Out More About How You Can Help Our Service Members, Veterans and Their Families in Their Time of Need, Visit the Fisher House Website at www.fisherhouse.org

FOR SALE TRAILER SALE & REPAIRS!! 6'x12' V-nose ramp door \$2,750.00; 7'x10' (TRIKE) V-nose ramp door \$2,990.00; 14' 14,000# Dump trailer with tarp \$6,757.00; 102"x25'+5' 24,000# gooseneck with 3 ramps & spare \$8,657.00; 5'x8' solid side utility \$986.00. 120 trailers in-stock! 515-972-4554 Information & prices: www.FortDodgeTrailerWorld.com

VACATION/TRAVEL CANADIAN BLACKBEAR/WALLEYE ADVENTURE. Guaranteed tags with 100% success over active baits. Includes cabin, boat & motor. Two packages to choose from. Northern Lights Lake Resort, Ontario - Call (807) 628-9016

WANT TO BUY CASH FOR SEALED, unexpired DIABETIC TEST STRIPS or STOP SMOKING PRODUCTS! Make money and help others! Top prices, free shipping, 24 hr payments and friendly service! Call 1-888-440-4001 or TestStripSearch.com

EDUCATION START A NEW CAREER in Graphic Arts, Healthcare, Business or Information Tech. If you have a GED, call toll free: 1-855-400-3996

EMPLOYMENT/HELP WANTED Experienced CDL-A DRIVERS for the Midwest Region. Driver friendly company with good pay and benefits. New 8% pay raise. Home when needed. Bonuses and tax free money. www.mcftl.com Call 507-437-9905

CDL DRIVERS NEEDED to haul livestock, home on weekends. Great Benefit Package for Full-Time Drivers! www.lynlivestock.com or call Angie @ 563-776-3051 for more information. EOE

CDL TRUCK DRIVERS For Harvest. From Texas To North Dakota. May-November. \$3000 Starting Wage, Plus Housing With Year End Bonus! Call Stan: 785-545-5966

CDL DRIVERS relocating trucks. No trailers, no freight. All expenses and motels paid + up to \$.42 per mile. Can spend time in delivery city area. Apply today. 607-467-1966 dispatch2@spiritmillern.com

PAID IN ADVANCE! MAKE \$1000 A WEEK mailing brochures from home! Genuine Opportunity! No experience required. Start Immediately! www.local-mailers.net

MAKE \$1,000 WEEKLY! Paid in advance! Mailing Brochures at Home! Easy pleasant work. Begin Immediately! Age unimportant! www.HomeProfitsBiz45.com

Good Money! Weekly! Processing Mail! Free Supplies! Postage! Bonuses! Start Immediately! www.processingmail777.com

AUTOMOBILES CASH FOR CARS: Any Make, Model or Year. We Pay MORE! Running or Not Sell your Car or Truck TODAY Free Towing! Instant Offer: 1-888-420-3805

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-800-283-0205

MISCELLANEOUS DISH TV Starting at \$19.99/month (for 12 mos.) SAVE! Regular Price \$34.99. Call Today and Ask About FREE SAME DAY Installation! CALL Now! 866-488-2971

\$14.99 SATELLITE TV. Includes free installation. High speed internet for less than \$.50 a day. Low cost guarantee. Ask about our FREE IPAD with Dish Network. Call today 1-855-331-6646

DISH NETWORK - \$19 Special, includes FREE Premium Movie Channels (HBO, Showtime, Cinemax, and Starz) and Blockbuster at home for 3 months. Free installation and equipment. Call NOW! 1-866-820-4030

FREE HOME SATELLITE, Free Installation, Free HBO, Cinemax, Showtime, Starz For 3 Months All For \$19.99/Month w/24mo. Agreement. ACT NOW, Receive \$50.00. 1-888-662-6040

KILL BOX ELDER BUGS & ASIAN BEETLES! Harris Asian Lady Beetle & Box Elder Spray. Effective results begin after spray dries. Odorless, Non-Staining. Available: Hardware Stores, The Home Depot, homedepot.com

AUTO INSURANCE STARTING at \$25/Month! Call 877-929-4394

GET CABLE TV, INTERNET & PHONE with FREE HD Equipment and install for under \$3 a day! Call Now - Toll Free! 1-844-260-0669

FREE \$50 WAL-MART GIFT CARD & 3 FREE Issues of Your Favorite Magazines! Call 866-932-0426

ALL THINGS BASEMENTY! Basement Systems Inc. Call us for all of your basement needs! Waterproofing, Finishing, Structural Repairs, Humidity and Mold Control. FREE ESTIMATES! Call 1-800-640-8195

DISH NETWORK - Get MORE for LESS! Starting \$19.99/month (for 12 months). PLUS Bundle & SAVE (Fast Internet for \$15 more/month). CALL Now 1-800-390-3140

DIRECTV STARTING AT \$19.99/mo. FREE Installation. FREE 3 months of HBO SHOWTIME CINEMAX, STARZ. FREE HD/DVR Upgrade! 2015 NFL Sunday Ticket Included (Select Packages) New Customers Only. CALL 1-800-269-4217

FINANCIAL REDUCE YOUR PAST TAX BILL by as much as 75 Percent. Stop Levies, Liens and Wage Garnishments. Call the Tax DR Now to see if you Qualify - 1-800-721-2793

SELL YOUR STRUCTURED SETTLEMENT or annuity payments for CASH NOW. You don't have to wait for your future payments any longer! Call 1-800-891-2635

HEALTH & MEDICAL TAKE VIAGRA/CIALIS? 40 100mg/20mg Pills, only \$99! Get 4 BONUS Pills! Satisfaction or Money Refunded! Call 1-888-796-8871

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-389-0695. www.cash4diabeticsupplies.com

VIAGRA 100mg, CIALIS 20mg. 40 tabs +10 FREE, \$99 and FREE SHIPPING. 1-888-836-0780 or Metro-Meds.net

THE NEW LINCOLN NAVIGATOR.



Available Power Moonroof
 Available 4x4
 Available Lincoln Drive Control: CCD
 SYNC® with MyLincoln Touch™
 BLIS® with Cross-Traffic Alert

2015 NAVIGATOR 4x4
 5LMLJ2JTFEJ08182

\$839 PER MONTH FOR 39 MONTHS LINCOLN AFS RED CARPET LEASE
\$839 DUE ON DELIVERY AFTER \$1000 CASH BACK

*Security deposit waived. Includes taxes, title and all dealer fees. 10,500 miles per year lease with approved credit. Expires 5-31-15.



2015 MKC
 5LMLJ1A9XFUJ19150

\$429 PER MONTH FOR 39 MONTHS LINCOLN AFS RED CARPET LEASE
\$429 DUE ON DELIVERY AFTER \$1000 CASH BACK

Security deposit waived. Includes taxes, title and all dealer fees. 10,500 miles per year lease with approved credit. Expires 5-31-15.



2015 MKZ
 3LN6LZJK3FR606653

\$469 PER MONTH FOR 39 MONTHS LINCOLN AFS RED CARPET LEASE
\$469 DUE ON DELIVERY AFTER \$3000 CASH BACK

Security deposit waived. Includes taxes, title and all dealer fees. 10,500 miles per year lease with approved credit. Expires 5-31-15.



2015 MKS
 1LNHL9FT6FGG01487

\$619 PER MONTH FOR 39 MONTHS LINCOLN AFS RED CARPET LEASE
\$619 DUE ON DELIVERY AFTER \$1000 CASH BACK

Security deposit waived. Includes taxes, title and all dealer fees. 10,500 miles per year lease with approved credit. Expires 5-31-15.



2015 LINCOLN MKX
 2LMDJ8JK3FBL27223

\$529 PER MONTH FOR 39 MONTHS LINCOLN AFS RED CARPET LEASE
\$529 DUE ON DELIVERY AFTER \$2350 CASH BACK

Security deposit waived. Includes taxes, title and all dealer fees. 10,500 miles per year lease with approved credit. Expires 5-31-15.

Iowa's #1 Lincoln Dealer. Since 1980.



1450 E Hickman Rd
 Waukee, IA 50263
 515-987-3697
www.stiverslincolniowa.com



Sales ranking based on 2014 calendar year car and truck sales report by the Kansas City Region of Lincoln Motor Company.

HyVee®
MARKET CAFÉ




ORDER ONLINE
 HY-VEEMARKETCAFE.COM
TO·GO
 PICK UP CURBSIDE

**BUY ANY ENTRÉE,
 GET ONE
 1/2 OFF**

HyVee
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 at all Des Moines area Hy-Vee Market Café locations. Expires 5/31/15.

\$5 OFF
**TWO SUNDAY BRUNCH
 BUFFETS**

HyVee
MARKET CAFÉ



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

**FREE APPETIZER
 WITH ENTRÉE PURCHASE**

HyVee
MARKET CAFÉ



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

**COME DINE
 WITH US.**

- | | | |
|-------------|---------------------------|------------------|
| FLEUR | JOHNSTON | VALLEY WEST |
| EAST EUCLID | PLEASANT HILL | RAILROAD & GRAND |
| INDIANOLA | WEST LAKES | WINDSOR HEIGHTS |
| | NORTH ANKENY
BOULEVARD | |

hy-veemarketcafe.com

**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.