

Windsor Heights

july 2015

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Living

magazine

Duty, pride, TRADITION

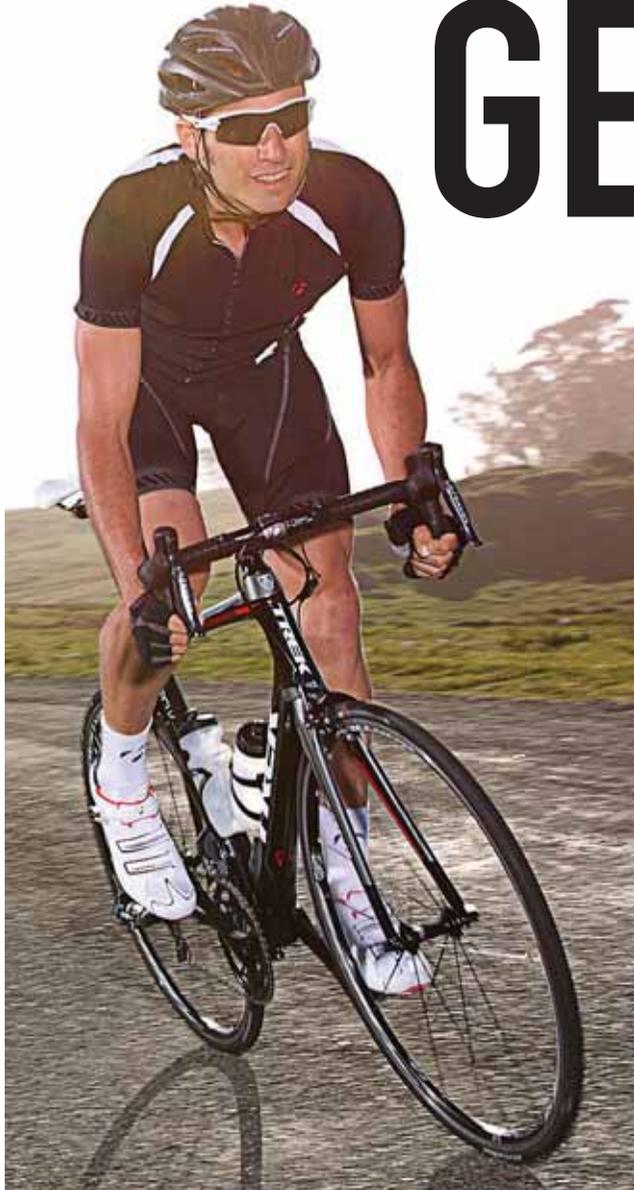
WINDSOR HEIGHTS FIRE DEPARTMENT
CONTINUES TO IMPROVE ITS MISSION

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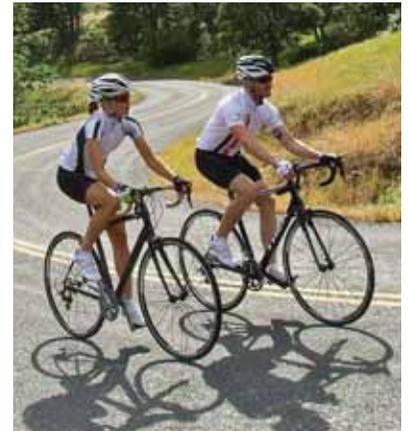
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WELCOME |

The help you hope you don't need

We take our security for granted at times, whether at a national level or right here at home. And that is truly unfortunate.

Even so, most of us find ourselves supportive of funding for police, fire and rescue efforts. Those who don't should be ashamed.



As a youth, I was involved in a tornado in my hometown of Algona. My family's home was on the edge of the twister's course, and it left a path of destruction right through our neighborhood. I vividly remember the many police, fire and EMS department members who were on the scene immediately, taking care of those who needed it. I can only imagine the chaos that would have erupted had it not been for these well-prepared individuals.

I certainly hope that my family and I never have to take advantage of emergency services. We should all be thankful that we reside in a community where we

feel safe. And this safety doesn't happen by accident.

Many public employees and volunteers work tirelessly to offer their time to be sure that we are secure. They truly do "protect and serve," and we owe countless thanks to them for the work they do.

This month's cover story takes us inside the Windsor Heights Fire Department and how it has started a rebuilding process designed to provide a higher level of service to area residents. We hope this story will give you an even deeper appreciation for all the work the fire department does.

So next time you see one of these folks on the street, make sure you show your appreciation. And let's hope that we won't ever need their services.

Thanks for reading. ■

Shane Goodman
Publisher

P.S. Do you know someone else who would enjoy receiving this magazine as much as you do? Then buy them a subscription. It's the ideal gift for college students, those who have moved away or anyone else who wants to stay in touch with the community happenings. Visit www.big-greenumbrellamedia.com/subscribe for details.



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Duty, pride, TRADITION

WINDSOR HEIGHTS FIRE DEPARTMENT CONTINUES TO IMPROVE ITS MISSION

By Courtney Keiser

The Windsor Heights Fire Department is a beloved and vital part of the community. You may have heard that the force began a rebuilding process in March designed to provide a higher level of service to area residents. So what does this mean? Currently, through a 24-hour staffing model, a full-time firefighter/paramedic is stationed in the firehouse around the clock. A part-time firefighter is available from 6 a.m. to 6 p.m., with another full-time firefighter present from 9 a.m. to 9 p.m. daily.

According to Clayton Garcia, the additional emergency medical services have produced immediate and positive changes. This is Garcia's third year working full-time for the fire division.

"In the past, we have had response times from seven to 15 minutes at night," he explains. "With the new model, we can have a trained provider at your doorstep in five minutes or less, even at 1 a.m."

A time difference of 10 minutes can quickly turn into a life-or-death situation. Maintaining these high standards is a large priority and focus for the entire public safety staff.

Lt. Tim Kurth began his career with the Windsor Heights Fire Department at age 19. For the past 16 years, he has witnessed firsthand the importance of volunteerism. He estimates that volunteer paid-per-call firefighters respond to more than 700 calls per year. They are truly the backbone of the operation.

Garcia agrees, stating that the city will continue to recruit for these positions year round.

"The paid-per-call personnel live in town and respond from home. They are on duty every third night," he explains. "When a call comes out between those hours, they come to the station, grab their gear and respond to the scene of the emergency. The fire-



Windsor Heights Firefighters Clay Garcia, Tim Kurth and Joe Patava. Photo by Dan Hodges.

FEATURE |

fighter that is on a 24-hour shift will take the duty vehicle to the scene to render immediate aid, and the paid-per-call firefighter will go to the scene with the ambulance to help transport the patient to the appropriate facility.”

Training and job shadowing are provided to the paid-per-call staff.

Protect and serve

A common mantra among service men and women is “No mission too difficult, no sacrifice too great, duty first.” These words hit close to home for the dedicated firefighters and public safety servants in Windsor Heights.

Lt. Kurth says his passion and direction became obvious at age 17 following the death of his grandfather. At the time, volunteer firefighters responded to a 911 call from his grandmother, and their professionalism, compassion and support left a lasting impression on the family.

Garcia took a longer route and joined the U.S. Navy shortly after high school. He studied medicine for five years before returning home to explore his options. When the opportunity arose to attend paramedic and fire school, he jumped at it and hasn't looked back.

Firefighter Joe Patava is the new kid on the block, having just joined the department last

month. His father, a career firefighter, passed down an innate desire to help others and give back. Patava has six years of training under his belt.

“In the short time I've worked for Windsor Heights, I've visited the YMCA and participated in children's events where we displayed our gear, talked about fire safety and presented the fire truck,” he says. “We had a breakfast with the firefighters event, and we spent the morning with young children showing them the station and the apparatus.”

The events in an emergency situation often progress quickly. Proactive decisions must be made in the shortest timeframes. With every incident or distress call comes an opportunity to improve and learn. All three full-time Windsor Heights firefighters agree that they won't always get the outcome they desire. It's the nature of the job.

Garcia recalls a particular moment while transporting an elderly woman with a terminal illness to hospice care. She reached to hold his hand during the trip because she knew what was coming. He was proud to comfort her. He also recalls a heart attack patient the team rushed to the emergency room. With a 1 percent survivability rate, the prognosis looked grim, but three weeks later the man defied

the odds and arrived at the firehouse with a plate of cinnamon rolls, endless gratitude and a handshake.

“That handshake is why we are here,” Garcia explains. “What we do does not always involve running into fires, lights and sirens or massive car accidents. Sometimes we need to be there to hold someone's hand.”

For Lt. Kurth, one of the hardest days on the job didn't involve an incident. The death of close mentor and friend Chief Al Hunter affected him both personally and professionally.

“The passing of our retired fire chief was by far the hardest time in my career,” he recalls. “Chief Hunter and retired Assistant Chief Burnes instilled the selfless nature of this career in me. Their passion is why I love this craft.”

Long hours, holidays away and the dangerous aspects of the job creates stress not only for firefighters, but their loved ones as well.

Lt. Kurth's wife, Eileen, and their three children visit the station whenever possible to show appreciation to their own personal hero. His children often announce that they have the “coolest dad in town.” Witnessing this positive impact on his children makes the hard days all the more rewarding.

Patava's fiancée, Kelsey, and their 5-month-



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The Windsor Heights Public Safety building is located at 1133 66th St. The firefighter paid-per-call personnel are to report to this location when a call comes in to grab their gear and respond to the scene of the emergency. Photo by Courtney Keiser.

old son definitely miss him on the nights he's working but enjoy the quality uninterrupted time off he receives following his 24-hour shifts.

Garcia and his wife, Rachel, are expecting a baby boy in October and the 24-hour shifts were initially an adjustment. Spending one out of every three nights at the station and some holidays takes some planning.

"My wife is great," he says. "She understands that what I do is part of our family life now. She also likes to brag to her friends that she's married to a firefighter."

Camaraderie, community

Windsor Heights' public safety officials are often familiar faces at city events. With the new 24-hour model, Lt. Kurth sees more opportunities in the future for firefighters/paramedics to attend local festivities.

"Now, we can better accommodate businesses and community groups with after-hours involvement," he says. "Music in the park, movies on Friday nights and other special events now have more public safety participation."

The annual breakfast with the firefighters continues to be a fan-favorite for area residents and the department, but the staff also treasures its involvement in the annual Easter egg hunt and Santa day activities.

And, of course, everyone loves a parade. The local public safety staff is always in the procession and treasures the smiling faces of area children.

The support and camaraderie in Windsor Heights is a priceless perk of a sometimes difficult profession.

"The memories we hold as a community are why I love this job," Kurth says.

For more information on paid-per-call positions, or if you would like to schedule a tour of the fire station, contact the Windsor Heights Fire

Department at 279-9450.

New role for McDaniel

Windsor Heights Police Chief Dennis McDaniel was given the additional title of Chief of Police and Fire Services in March. Currently, a portion of his time is focused on providing leadership and addressing procedures and ongoing challenges in the fire division.

McDaniel joined the Windsor Heights Police Department in 2003, following five years in Marshalltown. He was promoted to captain in 2005 and appointed chief of police in 2010.

Working in Windsor Heights is exciting and challenging for McDaniel, as he and his staff wear many hats. He admits that "no two days are ever alike." He takes comfort in the fact that local elected officials genuinely care about what's best for the entire city.

"Almost immediately upon joining the police force, I realized how supportive the community was toward public safety employees, and I have continued to experience this for more than a decade now," McDaniel explains.

As society changes, criminal behavior becomes more sophisticated, and McDaniel is often faced with the reality that with limited budgets more must be done with less resources. Regardless, where there is a will, there's a way, and he is incredibly proud of the police unit's growth and development over the years.

He is also encouraged by what he calls a new "awakening" in the fire department.

"There have been some rollercoaster moments in the organization," he explains. "Throughout it all, there have been a core of dedicated paid-per-call and career members who have sacrificed a great deal to ensure that appropriate medical care and fire rescue services get to the people who need them. That's what good



Windsor Heights Police Chief Dennis McDaniel was given the additional title of Chief of Police and Fire Services in March. Currently, a portion of his time is focused on providing leadership and addressing procedures and ongoing challenges in the fire division. Photo by Courtney Keiser.

people do in times of uncertainty; they put their head down and go do the work needed of them."

As McDaniel's role within the public safety force increases, he says he is blessed to have his wife, Cari. He relies on her patience and understanding on both his best and worst days on the job.

"Without her support, there would be times when this profession would eat me up," he admits. "I am so grateful to her for her unwavering support." ■

OUT AND ABOUT |

I love a parade

Windsor Heights held its annual Independence Day parade on July 4. Activities, vendors and live music rounded out a family-friendly day that ended with fireworks.



Phyllis Fleming and DeDe



Deb Watson, Harper and Emrys



Bob Zirkelbach



Bud Beveridge



Paul Pickart



Deb Church and Jeanne Glaser



Jim Glaser, Ryan Jensen and David Kalny



John Shonts with Marty and Carole Jackson with Kizzi



St. Theresa's Catholic Church Cheer Squad



Javier Tuel and Royce Tuel from Farrells EP True



Will Dagitz, Catherine Stalvey and Alaina Esch

CALENDAR |

Friday July 17

- Fantastic Fridays! A special do-it-yourself activity in the Children's Area. 10 a.m. - 4 p.m., Franklin Avenue Library
- Movies in the Park: "Paddington," Movies begin at dusk. Colby Park

Saturday July 18

- Visit the Art Cart, all day, Franklin Avenue Library
- Free Advice for Your Device, 10 a.m., Franklin Avenue Library

Monday July 20

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- Council Meeting, 6 p.m., City Hall
- Safety Heights, 9 a.m. - 1 p.m., Windsor Heights Police Department

Tuesday July 21

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Music in the Park, 7 p.m., Colby Park
- End of Summer Reading Carnival, 3 p.m., Franklin Avenue Library

Wednesday July 22

- Toddler Storytime, Ages 18 months - 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- Safety Heights, 9 a.m - 1 p.m., Windsor Heights Police Department

Friday July 24

- Fantastic Fridays! 10 a.m. - 4 p.m., Franklin Avenue Library
- Movies in the Park: "When the Game Stands Tall," movies begin at dusk. Colby Park

Saturday July 25

- Visit the Art Cart, all day, Franklin Avenue Library

Monday July 27

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library

Tuesday July 28

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Music in the Park, 7 p.m., Colby Park
- Preservation 101, program on home canning and preserving, 6:30 p.m., Franklin Avenue Library

Wednesday July 29

- Toddler Storytime, Ages 18 months - 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library

Friday July 31

- Plexus Health and Wealth Event, RSVP. <https://plexusdesmoines.eventbrite.com>. 6-8 p.m., Willis Lexus
- Movies in the Park: "Brave," movies begin at dusk. Colby Park

Saturday Aug. 1

- Visit the Art Cart, all day, Visit the Art Cart Franklin Avenue Library

Monday Aug. 3

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- Council Meeting, 6 p.m., City Hall
- Afternoon Book Discussion, "The Pearl that Broke its Shell" by

Nadia Hashimi. Copies of the book are available at the Information Desk. 1 p.m., Franklin Avenue Library

Tuesday Aug. 4

- Baby Rhyme Time, Ages 0-18 months old, 10:15-11 a.m., Franklin Avenue Library
- Music in the Park, 7 p.m., Colby Park
- National Night Out, 5-7 p.m., Colby Park

Wednesday Aug. 5

- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library

Friday Aug. 7

- Read, Bike, Run Event, 6-8 p.m., Colby Park
- Lego Fridays, all day, Franklin Avenue Library

Saturday Aug. 8

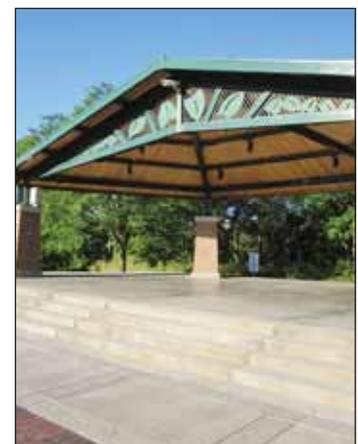
- Visit the Art Cart, all day, Visit the Art Cart Franklin Avenue Library

Monday Aug. 10

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- 10/60 Meeting. Residents are encouraged to attend. They will have 60 minutes to ask the mayor and administrator any 10 questions they want. 5:15 p.m., Windsor Heights Community and Events Center

Tuesday Aug. 11

- Baby Rhyme Time, Ages 0-18 months old, 10:15 - 11 a.m., Franklin Avenue Library



CALENDAR |

- Music in the Park, 7 p.m., Colby Park
- Evening Book Discussion, "The Wives of Los Alamos" by Tarashea Nesbit and "The Girls of Atomic City" by Denise Kiernan. Pick one title or read both and join us for a discussion about the making of the atomic bomb. Copies of both books will be available at the Information Desk. 6:30 p.m., Franklin Avenue Library

Wednesday Aug. 12

- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- Artsy Kids: Shadows and Sculptures, for kids going into grades 3-8 and requires preregistration, 3 p.m., Franklin Avenue Library

Friday Aug. 14

- Lego Fridays, to build. All day, Franklin Avenue Library

Saturday Aug. 15

- Visit the Art Cart, all day, Visit the Art Cart Franklin Avenue Library

Monday Aug. 17

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- Council Meeting, 6 p.m., City Hall
- Emerald Ash Borer Forum, 6:30 p.m., Franklin Avenue Library

Tuesday Aug. 18

- Baby Rhyme Time, Ages 0-18

months old, 10:15 - 11 a.m., Franklin Avenue Library

Wednesday Aug. 19

- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library

Friday Aug. 21

- Lego Fridays, all day, Franklin Avenue Library



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Providing for your pet

Setting up a trust can ensure care if your pet survives you

By Charlotte Sucik, attorney, Abendroth and Russell Law Firm

Many of us consider a pet to be a member of the family. They provide companionship, keep us active and teach us about unconditional love. If you were to die, who would care for your pet? How would the caregiver pay for the expense of food, shelter and medical visits?

Iowa allows for honorary pet trusts which can be incorporated into traditional estate planning. Iowa Code 633A.2105 allows a person to make a provision for an amount of money to be set aside for the care of a beloved pet.

Traditionally, the law considered pets as property. Trusts previously weren't allowed for pets for a variety of reasons, including that the pet had no standing to enforce the trust. The Iowa

statute authorizes the creation of the trust and appoints the caregiver to enforce its provisions.

The trust needs to be in writing, contained in either a revocable living trust or in your will. You should designate a caregiver, set aside an amount of money and give instructions on the type of lifestyle you want for your pet. The trust terminates when there is no living animal covered by its terms but the trust must terminate after 21 years.

Pick a caregiver carefully. Consider such matters as his or her interest in the welfare of your pet and the caregiver's health. You should also try to ensure that your pet is compatible with any pets the caregiver may have.

Make sure the amount placed



in trust is enough to cover the pet's expected costs over time. Consider both your pet's life expectancy and any future health issues. In Iowa, there is no limit on the amount you can place in trust, but you should spell out what happens to those funds when the pet dies.

Pet owners can also provide for the continued care of pets in a durable power of attorney, making it clear that the agent is expressly authorized to expend funds for the pets. The power of attorney should incorporate by reference the standards of care that are set forth in the trust agreement. This allows the caregiver to meet the immediate needs of pets, before the will or trust can be triggered.

When you are completing your estate planning, don't forget about your pets. ■

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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Evan and Aaron Cooper enjoy a day outside with the 1929 Hudson Super Six. Photo by Lisa Verhey-Budding.

Like father, like son

Coopers share love of Hudson automobiles

By Lisa Verhey-Budding

Garage time means bonding time with Dad for 15-year-old Evan Cooper of Windsor Heights.

Also, to say the least, it is a great way to score a car when he turns 16.

"I guess you could say it's kind of in my blood, and I'm the only kid in the family that really cares about working on car stuff, Evan says. "And, yes, I got a car out the deal, so it's a good trade-off."

Evan's dad, Aaron Cooper, 46, says he has enjoyed showing his son the ropes when it comes to working on cars.

"He has gotten pretty good at rebuilding carburetors and shares my passion for the old Hudson cars," Aaron says.

There are engine blocks and car parts all over the Cooper garage, as the men are currently working on a 1947 Hudson truck, a 1951 Hudson Hornet and a 1917 Hudson Touring Car. However, there is one car that is separate from the rest, as it is in prime driving condition. That car is a 1929 Hudson Town Sedan Super Six, Dad's favorite.

"I have always been drawn to Hudsons since my grandfather had a 1947 when I was a kid," Aaron says.

"Then, when I was in high school, I got a 1950 Hudson. My favorite year, however, is the 1929, so when I found this one, I had to have it."

The Hudson Super Six has all original interior, with the original Hudson blue paint, last updated sometime in the 1960s.

"I can see the original Hudson blue paint starting to show under this last paint job," Aaron says. "I'm just letting it peel off by itself for now. It will always be in the original color."

Aaron is thinking about putting the '29 in the next parade that comes up, but he is skeptical.

"Parades are so hard on an old car," he says. "The radiators in old cars like this aren't very big and tend to overheat. We had the '51 in a parade once, and it started to overheat, so we had to drive it out of the line up and get it home."

Aaron is a business initiative consultant at Wells Fargo, as well as a Lt. Col. for the Army reserves. He says he sits behind a computer all day, and finds solace in his garage when not working.

"I'm not a sports guy. I'd rather be in my garage with Evan than watching a game," he says. "So, it's either computers or cars for me in life I guess." ■

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

Meet Stacy Hoffman

Teacher helps enrich minds during summer break

By Rainey Cook

Windsor Elementary was a high-energy, motivating, fun place to be for area elementary students this summer. For English Language Learner (ELL) students, the academic program was just as fun as the field trips they took. Windsor's ELL program is highly engaging throughout the year, and it didn't hold back through the first part of summer. Stacy Hoffman has taught summer school for more than 10 years.

Windsor's Summer School Enrichment for ELL students was held from 8 a.m. to noon Monday through Friday, serving breakfast and lunch. The students were sad on the popular program's last day, July 10.

The purpose of the program was for ELL students to remain enriched and expose them to field trips around Des Moines that they, perhaps, would not otherwise be exposed to.

The kindergartners through fourth-graders went to two libraries, Ashby Park, Windsor Heights Dairy Queen for free ice cream, The Blank Park Zoo and went bowling. A local Hy-Vee dietitian talked with the students about healthy eating, reading labels and set up an in-store scavenger hunt.

"One of the items they were to find was a corn on the cob," Hoffman says. "Our ELL students are exposed to so many words every day that we take for granted. One of our students asked me what a cob was."



Stacy Hoffman has taught summer school for more than 10 years. Photos by Rainey Cook.

And so the learning continued beyond the classroom.

Whether it's during summer school or during the standard school year, Hoffman enjoys watching her students grow.

"They come in with hardly anything and seeing what they've learned all year or even at the end of summer school is just amazing," Hoffman says. "They are such sponges at this age."

It's easy to go to work when there is such joy and eagerness from the students. These respectful students, the sense of community and excellent staff all top Hoffman's list of why she loves her position at Windsor Elementary. This fall will be her fourth year teaching there.

Fond of the area, Hoffman likes that she grew up in Des Moines and is now teaching in Des Moines. She attended Phillips Elementary, Woodrow-Wilson Jr. High and East High School. ■

What do you like best about your teacher?



Andrea Garcia:
"When we had a field trip with her."



Hser Moo:
"She went to the zoo, and she let us feed the camels, fish and goats."



Eh Moo:
"She teach us how to plant tomatoes, flowers and lima beans."

SENIOR LIVING |

Choose laughter

The key to aging gracefully

By Susan Ray, executive director, The Reserve

Are you stressed? Feeling gloomy? Just had a “bad” day? As you age, the feelings of being “blue” or having a “bad” day may arise for a number of reasons.

The feeling of being disconnected from family members and the lack of socialization are two contributing factors for feeling gloomy. You might consider going for a long walk or sharing with a friend or your spouse to change your mood. But if you want more immediate results, you can just laugh it off. Laughter is a simple method to a better and healthier life that has been around forever. Laughter gives us better health, better relationships and better lives.

As you go through the process of aging you may feel you have less and less control. However, there are a number of things you can control. Recent studies indicate there is nothing in life that can keep you young at heart like a good laugh. Whether laughing over a shared memory with a close friend, watching a movie or forcing a laugh to ward off a bad mood, a good laugh can boost your attitude and leave you in a happier state of mind.

The fact is that laughter itself changes us physiologically. Like exercise or jumping up and down, laughter boosts the heart rate and increases blood flow, so we breathe faster and more oxygen is getting to the body's tissues. In fact, the simple act of smiling can alter your mood almost immediately.

Laughter helps to decrease stress by causing the release of natural soothing chemical in the body. When we laugh out loud, substances such as endorphins are released which result in a calming and well-being, making you feel good about yourself. Laughter also helps us to view ourselves and our environment differently.



Here are a few fun facts about laughter:

- **Laughter strengthens the immune system.** A hearty laugh decreases stress hormones and increases production of T-cells, immune proteins and infection fighting antibodies.

- **Laughter helps the heart.** When we laugh we increase blood flow and the function of blood vessels, which can help prevent cardiovascular problems.

- **Laughter relaxes the whole body.** One good belly laugh can relieve physical tension and relax your muscles for up to 45 minutes.

- **Laughter helps you recharge.** By reducing stress levels and increasing your energy, laughter can help you focus and achieve more.

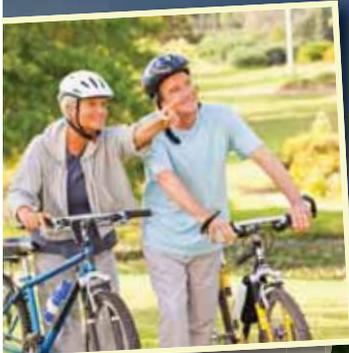
- **Laughter causes deep muscle relaxation.** If you have ever laughed so hard you have wet your pants, you know what I'm talking about.

- **Laughter is a universal language.** Laughter is a unique human phenomenon that happens in every culture. It helps us to go beyond our cultural differences by focusing on what we have in common.

- **Laughter promotes communication.** So, not only is a good ol' belly laugh a lot of fun, it's good for you. ■

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



Walnut Creek Church - Windsor Heights is behind a big push to use mustaches for the greater good.

Mustaches That Matter

Fundraiser helps those hoping to adopt

By Chris Kelley

Many organizations, schools and churches stand behind unique, creative and clever means to help enhance the goals of fundraising and give back to the community. Walnut Creek Church in Windsor Heights is part of a big fundraiser that is working to help families looking to adopt, and it's one with a unique name and goal.

Mustaches That Matter

According to Walnut Creek Church, adoption rates are dropping, a trend that hurts orphans in need of loving, Godly homes. In an effort to combat that, Mustaches That Matter was formed. The creative fundraiser is challenging men from all over to work to raise funds to help families complete the adoption process and cover financial costs associated with welcoming an orphan to their family.

Here's how it works: Men pledge to grow out a mustache in honor of the cause. They use the "power of their 'staches" to help raise money to go to Walnut Creek's adoption scholarship fund, which will, in turn, help out families hoping to adopt. The fundraiser also allows for others to help sponsor mustaches by donating money to help the men in the fundraiser. This year, Windsor Heights and the rest of the Walnut Creek Church network have a goal of achieving \$50,000 in donations.

Those interested in joining Mustaches That Matter can visit the church's special website, www.MustachesThatMatter.com. By cre-

ating an account, they can start collecting and earning money to go toward adoption funds for families in need.

Men who want to get involved must abide by the rules of the contest, including a ban on neck hair. There are also several entry categories contestants can compete in for a chance to win a mustache title.

Walnut Creek Church - Windsor Heights

900 64th St.
<https://walnutcreekchurch.org/windsor-heights>
www.mustachesthatmatter.com
 Sunday services: 9, 9:30 and 11 a.m.

Windsor Heights and the rest of the Walnut Creek network offer open applications to families who are investing in adoption. The 2016 application for adoption assistance will open in January, and the church favors families who are financially serious about their commitment to helping orphans in need.

Those interested in voting for contestants can visit the website and rate each participant's facial hair based on a gallery of photos. The gallery also keeps track of money raised for a particular mustache and the placement of that contestant in the rankings.

The contest and voting run through July 18, so get those mustaches growing. ■



Richard and Nancy Chavannes have lived in their 1934 Colby brick home since 1971. Photos by Rainey Cook.

A 1934 beauty

Couple appreciates their unique home

By Rainey Cook

A few other homes in Windsor Heights are similar to the home owned by Richard and Nancy Chavannes. Much is similar; however, the rooms in their home are slightly larger and include cove ceilings.

Having lived here since 1971, they've reared their children and now entertain grandchildren here. Richard likes the location and convenience to everything they do. Nancy likes how sturdy their older home is.

They both like the original hardwood floors and wood-burning fireplace in their home. They both also remember the flocked wallpaper on original plastered walls that they removed and replaced with a more modern paint. They've added a family room with French doors on the back of the house. The deck is also newer. Since they've been here they've updated the kitchen to their liking as well.

The garden in back is a hobby they enjoy. With tomatoes, onions, corn, lettuce and beets growing, they save the pumpkin and strawberry picking for their grandchildren.

The front pine tree is one of the main reasons Richard purchased the home.

"I remember when it was so big it took up half the front yard," Richard says.

After a few of Iowa's most recent harsh winters, their beloved pine tree has now taken on a new look. Far from filling almost half their yard, many of its lower branches have now been professionally removed.

Two years ago the couple redid the front yard. They planted flowers and small shrubs by the front door and yellow sedum near the driveway to offer a bright and clean look.

Coming from different areas, the couple agrees on the quiet streets of Windsor Heights and the small-town feel it offers. They enjoy the fact that new young families are moving in. Richard is from the Grand Avenue and 58th Street neighborhood in Des Moines and Nancy is from Illinois.

The couple mostly entertains family and has fun with grandchildren. Nancy's favorite holiday is the Fourth of July, which is spent watching the parade in Windsor Heights, having drinks and cooking ribs on the grill with friends.

"Windsor Heights does such a great job celebrating the Fourth," Nancy says. "It's always a fun weekend." ■

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.



Bonnie Rosa-Mosena and Todd Dahleen at the Windsor Heights Chamber luncheon at Cool Basil on July 7.



Matt Cale and Michael Sullivan at the Windsor Heights Chamber luncheon at Cool Basil on July 7.

Keep your investments from going on 'vacation'

It's that time of year when many of us hit the road for a summer vacation. If you are fortunate, you will be joining them. After all, "all work and no play" is a difficult way to live. How can you avoid "taking a vacation" as an investor?

- **Don't let your portfolio get "lazy."** When you invest, it can be easy to let things drift along and stay the same as they've always been, but over time, things change. Your goals, family situation and even your investments themselves can change. That's why it's important to review your portfolio and your investment choices regularly with the help of a financial professional. You may not need to make drastic changes, but even modest-seeming adjustments may make a big difference down the road.

- **Don't choose an investment mix that just "sits around."** If you were to put all your investment dollars in conservative vehicles, such as CDs, your principal would not experience much volatility. Your money almost certainly would not have the growth potential to help you reach your long-term goals. That's why you will need to own some investments, such as stocks and stock-based instruments, that offer growth potential. It's true these investments will fluctuate in value, and there's no guarantee you won't lose money on them. You can help address this risk by focusing on the long term and by creating an investment mix that is suitable for your situation.

- **Don't become a**



"spend-happy" investor. As an investor, you can also get carried away with your transactions, and it can cost you. To be specific, if you are constantly buying and selling investments, you'll be making it harder for yourself to follow a unified, long-term investment strategy. As mentioned, you will need to make changes as needed, over time, to your portfolio, but making moves such as chasing after "hot" investments, or giving up on other investments after one bad period, will likely not benefit you and could prove detrimental to your progress.

As someone who spends most of your life working, you may very much appreciate your vacations. But as someone trying to achieve important financial goals, you shouldn't take a "vacation" from investing, and you shouldn't let your investments take one, either.

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

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

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Edward Jones received the highest numerical score among full service brokerage firms in a tie in the proprietary J.D. Power 2015 U.S. Full Service Investor Satisfaction StudySM. Study based on responses from 5,351 investors who used full-service investment institutions. 18 investment firms which received a representative sample of investor opinions were measured on 7 factors: investment advisor; investment performance; account information; account offerings; commissions and fees; website; and problem resolution. Proprietary study results are based on experiences and perceptions of consumers surveyed in January-February 2015. Your experiences may vary. Rating may not be indicative of future performance and may not be representative of any one client's experience because it reflects an average of experiences of responding clients. Visit jdpower.com.

Call or visit your local Edward Jones advisor today.

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INSURANCE |

Renters insurance myth busters

Policy is more affordable than you might think

By Matt Cale, State Farm agent

Almost two-thirds of residential lessees in the United States don't carry renters insurance. Yet a renters policy is more important, accessible and affordable than you might think. Here are the top five myths — and the facts — about renters insurance:

- **The landlord's insurance covers your possessions.**

Don't count on it. Most landlords' insurance covers only the building and damages due to negligence. Coverage for some of the most common causes of property damage and loss, such as theft, vandalism and fire, is entirely up to you. Without renters insurance, you may have to bear the financial burden of a loss on your own.

- **Renters insurance is expensive.**

The average renters policy costs just \$12 a month for up to \$30,000 in personal property coverage. That's solid coverage for less than the cost of a couple of cups of coffee a week. Still concerned about price? Your insurer will work with you to find the combination of coverage and costs that suits your needs. You might even qualify for a discount by taking some simple home safety precautions or purchasing another policy, such as auto insurance.

- **You don't need insurance.**

Most renters' belongings cost more than they think. In fact, the average person has more than \$20,000 worth of belongings that are not covered by a landlord's policy. Think that number is too high? Take a moment to add up the approximate cost of your com-



puter, television, stereo, furniture, jewelry and clothing. If a fire gutted your apartment tomorrow, would you have the cash on hand to replace it all?

- **Renters insurance covers only your possessions.**

In fact, renters insurance covers much more than just your personal property. The average policy also includes up to \$100,000 in liability coverage. That means your insurer will help cover the costs if you're held responsible for injuring another person or damaging another person's property. Moreover, this coverage applies whether the incident occurred within your residence or elsewhere.

- **Renters insurance is hard to get.**

The Internet makes getting renters insurance easier than ever before. You can research providers, compare quotes and even find an agent online. Or, just as easily, you can place a quick call to an insurance representative. Answer a few questions and you're likely to get a rate quote in minutes.

Don't let the myths about renters insurance keep you from the real benefits of coverage. ■

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

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5-9 Omaha Storm Chasers
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Kathy and Kris Gregersen celebrate 15 years of business at the Premium Solutions open house on June 16.



Marilyn Sims and Bev Lantz at the Premium Solutions open house celebrating 15 years of business on June 16.



Shawn Mullen and Mary Bontrager at the Premium Solutions open house celebrating 15 years of business on June 16.



Jamie Henderson and Rob Reinard at the Premium Solutions open house celebrating 15 years of business on June 16.



Greek yogurt muffins

Breakfast treats pack plenty of protein

By Jan Allen

Happy summer, everyone! My husband and I are now in the chicken “business.” We have 25 laying hens (although we have a few “laying slackers”). We consume quite a few eggs and try to share with our kids when we can. Chickens are interesting creatures.

Two of our grandchildren came to stay at Grandma and Grandpa’s a couple of weeks ago. They love to bake with me and usually ask for pancakes for breakfast. This time our 5-year-old granddaughter had definite ideas about the breakfast menu on Sunday morning. She decided that banana muffins were in order, and her 3-year-old brother agreed. I was on the hunt for a banana muffin recipe that would be on the healthy side and worthy to serve these precious grandbabies. I found a perfect recipe that uses plain Greek yogurt, oatmeal, bananas, our farm-fresh eggs and blueberries. They have very little refined sugar, which is something I liked about this recipe as well. (You could replace the brown sugar with honey if you wish.) They loved them. I sent the remainder of the 12 muffins home with them, and I think there were only four or five in the care package that was sent home. ■

Banana oat Greek yogurt muffins

Ingredients

- 1 cup plain Greek yogurt
- 2 ripe bananas
- 2 eggs
- 2 cups rolled oats
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 cup brown sugar
- blueberries

Directions

1. Preheat oven to 375 degrees and prepare muffin pan by spraying with cooking spray or lining with cupcake liners. (You

may want to spray cupcake liners with spray so they don’t stick to the liners).

2. Put all ingredients except blueberries into a blender or food processor and process on high until oats are broken down and it becomes a smooth and creamy batter.

3. Pour batter into prepared muffin tins. Push 5 or 6 blueberries into each filled muffin cavity and bake for 15-20 minutes until tops are set and a toothpick comes out clean. Let muffins set 5-10 minutes before removing and placing on a cooling rack. Makes 12.

Refrigerate leftovers in an airtight container or baggie.

Pinit!



OUT AND ABOUT |



Subman and the flag at the Windsor Heights parade on July 4.



The Greater Des Moines Community Band at the Windsor Heights parade on July 4.



Noah and the ark from Walnut Creek Church at the Windsor Heights parade on July 4.



Za Ga Zig Shrine Clowns Sarah Fullhart (Dot) and Charles Johnson (Cholly) at the Windsor Heights parade on July 4.



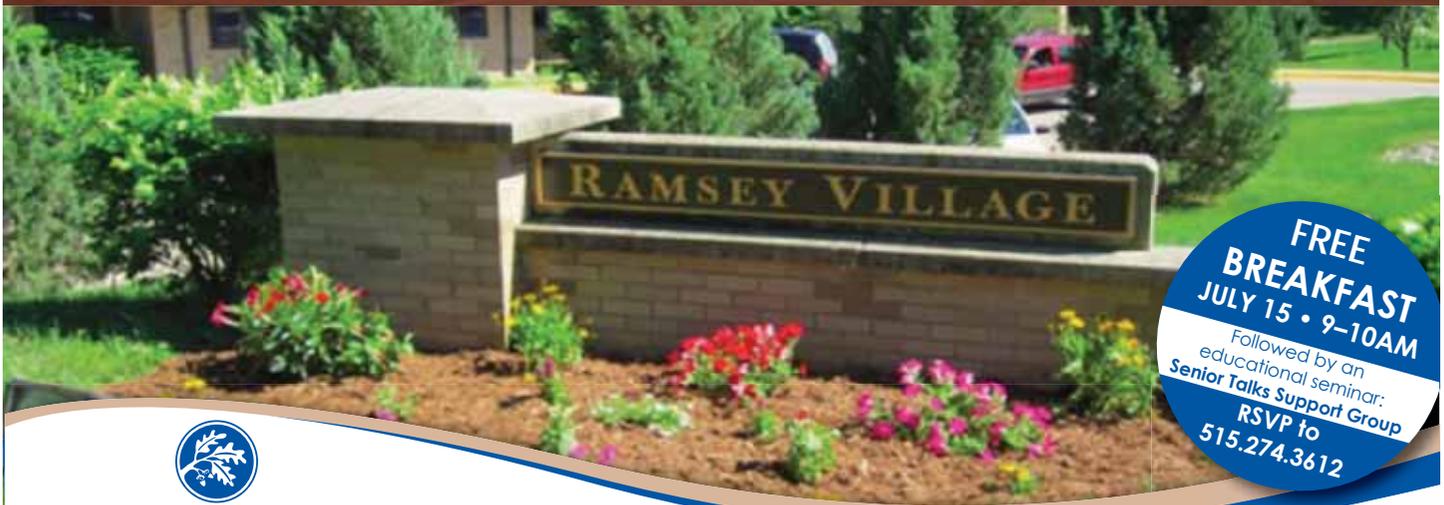
Sean Stevens, Dory Stevens and Matt Jordan at the Windsor Heights parade on July 4.



Jenna Brownlee, Madison Kasper and Molly Bochagian at the Premium Solutions open house celebrating 15 years of business on June 16.

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OUT AND ABOUT |



Mandi Towlerton and Jennifer Thompson at the Windsor Heights Chamber luncheon at Cool Basil on July 7.



Amanda Baxter and Laura Tokheim at the Windsor Heights Chamber luncheon at Cool Basil on July 7.



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CHAMBER NEWS |

Consider joining the Chamber board

We're seeking individuals who wish to serve

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."

We're looking

We are seeking individuals who can support our mission to consider sitting on the board of directors of the Windsor Heights Chamber. It's not that we have any openings at this time; however, we are always seeking interested individuals who wish to serve. Of course, you must be a member of the Windsor Heights Chamber. If you have an interest, let's chat. My direct phone number is 331-3207.

Summertime, and the livin' is fantastic

What an exciting Fourth of July Celebration we had in Windsor Heights. From the parade to the activities at Colby Park, it was a full day of friends, family and honoring our great nation. To all of the folks who came out: thank You. Let's plan on doing this again next year.

WHAMM update

Thank you to everyone who participated in WHAMM. We want you to know that the event raised more than \$2,000 for Girls on the Run. Thank you once again.

Chamber Lunch and Learn



Each month the Chamber adds value to your membership by holding a Lunch and Learn. Our next event is scheduled for Aug. 4 and the topic will be fraud and security, no doubt something of interest to everyone. And, yes, you may bring a guest. Details will be on our website.

Golf outing

We've set the date for the Windsor Heights Golf Outing as Sept. 9 just down the street at Waveland Golf Course, the oldest golf course west of the Mississippi. It's setting up to become quite an event, so save the date. To register you or your group head to our website, www.WindsorHeightsChamber.com

Let's connect

You can always find us on Facebook and Twitter @WHChmbr so you can keep up with the latest happenings in and around Windsor Heights.

Thanks so very much for reading, and we'll see you around town. ■



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THANK YOU!

Thank you to the dedicated volunteers, city employees, fire and police department for the annual Fourth of July Celebration! It was great to see everyone there and looking forward to next year's event. — Brett Klein, City Administrator and Sheena Nuetzman, Planning Director

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. Upcoming meetings are scheduled for July 21 and August 18 beginning at 5:30PM. If available, meetings will be held at the Council Chambers. Contact the anniversary committee at windsorheights75@gmail.com with any questions.

NATIONAL NIGHT OUT

Looking for a family-friendly atmosphere? Well, look no further! Mark your calendars for the Windsor Heights' Annual *National Night Out*, August 4, 2015. With inflatables, helicopter display, prizes, drawings and much more, there's something for every member of the family to enjoy. We will kick the festivities off at 5:00PM at Colby Park. There will be a coin drive to benefit *GiGi's Playhouse*. Gather your loose change, bills or a check in any denomination to support this local non-profit organization. There is a jug for donations located at City Hall and Public Safety Building. Let's support this amazing organization.

READ BIKE RUN

In partnership with *Reach Out and Read Iowa*, we invite you to join us for a fun-filled family evening for children of all ages and abilities August 7 at 6PM. Bring your gently-used books to donate to our NEW *Little Free Library* and *Reach Out and Read Iowa*. The evening includes a Family Fun Ride/Walk on the Colby Bike Trail (Dog Park turnaround), face-painting, giveaways, free "Blender Bike" experience and samples, story tellers and music. We will conclude with our final Windsor Heights 2015 Summer Movie Night, featuring *Alexander & The Terrible, Horrible, No Good Day*. Are you a biker? Runner? Sign-up to participate in the 20K bike ride or the 5K run. \$20 Registration for the 20K Bike Ride or 5K Run — includes t-shirt, medal, and refreshments. For more information or to sign-up, please go to: <https://tikly.co/events/606>

Schedule

6:00-7:00PM — Family Fun Ride/Walk on Colby Bike Trail

Bubbles, little doggy frisbee and face painting along trail

7:00-8:00PM — Colby Park Pavilion — Storytellers, Music, Celebrity Readers

7:00-8:00/8:30PM — 20K Bike Ride to Waterworks Park Turnaround

7:05PM — 5K Run — Run start immediately following Bike Start

8:30PM — Movie in the Park — *Alexander & The Terrible, Horrible, No Good Day*

Activities

Blender Bikes (sponsored by United Healthcare) — 2 kids, 2 adults — participants will "peddle" blend a fruity drink • Food Vendors • Face painting, bubble and doggy frisbee giveaways • Storytellers, Music, Guest Celebrity Readers

WINDSOR HEIGHTS ICE CREAM SOCIALS

Sunday, August 30 6:30-8:00PM

We are looking for host homes.

The Windsor Heights Foundation is sponsoring the Ice Cream Socials.

The Ice Cream Socials will be held on Sunday, August 30 from 6:30-8:00PM.

Our goal is to have 55 or more host families. Each host will be asked to invite their neighbors to bring a lawn chair and come enjoy socializing in the driveway, on the deck or in the yard. We hope to have all areas of Windsor Heights represented. Everyone is welcome!

The Foundation will provide the invitations, yard signs, bowls, spoon and ice cream.

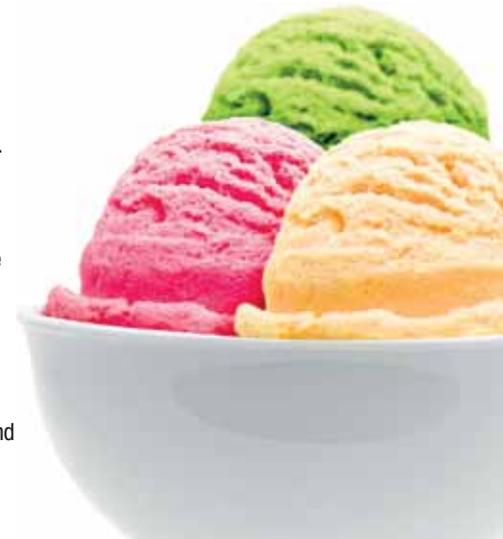
To volunteer to host or for more information, call:

Laura DeBartolo Tow

515-975-0228 or ttow95@msn.com

Sandy O'Brien 515-279-8942

Hy Vee and Wells Blue Bunny are sponsors!



JOIN THE WINDSOR HEIGHTS FIRE DEPARTMENT!

The fire department is looking for paid on call firefighters.

To apply: email cgarcia@windsorheights.org

Call: 279-9450

Go online: www.windsorheights.org/fire-department/employment or stop by at 1133 66th Street.

THE 6TH ANNUAL WALNUT CREEK CLEAN-UP AND WATERSHED FESTIVAL

Saturday, August 29 • 9:00AM-12:00PM

Contact: Darren Fife, Walnut Creek Watershed Coalition, 515-250-6695
whwaterquality@gmail.com

Cost: Free

The Walnut Creek Watershed Coalition, along with our community and business partners are sponsoring a celebration of the Walnut Creek Watershed, featuring a creek clean-up, an array of demonstrations and exhibits about the environment, storm water, water quality and conservation. The event is scheduled for Saturday, August 29, 2015, from 9:00 am to 2:00 pm.

The clean-up is great for families, scout, school groups and anyone who loves the environment and clean water. All ages are welcome to join in the clean-up.

Volunteers will meet at the Colby Park Pavilion at 9:00 a.m. Gloves, trash bags, water, and snacks will be provided.

After the clean-up, please join us for a trash tally, music by *Abbey and the Sawyers*, refreshments and a BBQ.

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

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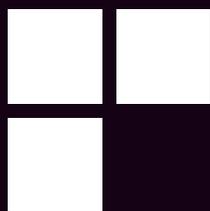
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