

Windsor Heights

june 2015

50324

Living

magazine

Independence Day

WINDSOR HEIGHTS
GEARS UP FOR FOURTH
OF JULY CELEBRATION

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WELCOME |

So who was Uncle Sam?

The cartoon depiction of Uncle Sam has been one of the most recognized images in America for decades. It is a symbol of our country and one of many sources of pride for those of us who call the United States home. It is especially popular each year around the Fourth of July.



But who is the actual person in the stars-and-stripes suit, the red bow tie and the white top hat that this image personifies? You may be surprised to learn that a large number of people don't know. With our nation's birthday arriving soon, and a wonderful local celebration to commemorate it, this seemed like a great opportunity to share the history of Uncle Sam.

It all started in 1813 when the United States of America received the official nickname of Uncle Sam. The name, reportedly, is linked to Samuel Wilson, who was a meat packer from Troy, New York. The company he worked for supplied barrels of beef to the United States Army during the War of 1812. One of Wilson's tasks was to stamp the barrels with "U.S." for United States, but soldiers began referring to the food as "Uncle Sam's." A local newspaper caught wind of this and wrote a story. In time, Uncle Sam became generally accepted as the nickname for the U.S. government.

Political cartoonist Thomas Nast then took Uncle Sam to a new level, giving him the white beard and stars-and-stripes suit. But the most famous image was created by artist James Montgomery Flagg, with Uncle Sam wearing a tall top hat and a blue jacket and a finger pointing directly at the viewer. This image became popular during World War I as a recruiting poster with the words "I Want You For The U.S. Army."

In September of 1961, the U.S. Congress recognized Samuel Wilson as "the progenitor of America's national symbol of Uncle Sam." He died at age 88 in 1854, and was buried in the Oakwood Cemetery in Troy, New York — the town that is appropriately referred to as "The Home of Uncle Sam."

Now that you know a brief history of Uncle Sam, be sure to share it with your friends and family as part of your patriotic pride. And look inside for details on many other ways to celebrate the Fourth of July locally.

Thanks for reading. ■

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The heart of it all

WINDSOR HEIGHTS GEARS UP FOR FOURTH OF JULY CELEBRATION

By Courtney Keiser

Independence Day is one of the most-treasured American holidays for a variety of reasons. The obvious is to recognize the United States' legal separation from Great Britain in 1776.

But almost any red-blooded American can drum up fond memories of family barbecues, pool parties, parades, sparklers, fireworks and cooling off with red, white and blue Bomb Pops.

This holiday is about traditions, family, pride and community. The annual Windsor Heights Fourth of July celebration provides the perfect mix of all four — and many people wouldn't miss it for the world.

Windsor Heights residents Dean and Sarah Boots have lived in the area for 25 years. They chose the community for the small-town atmosphere, safety and camaraderie.

"We came here because we wanted to be in the heart of it all," Sarah says. "It's close to schools and shops, and we have a lot of great memories here."

The city of Windsor Heights is equally fond and appreciative of the Boots family. After all,



Dean and Sarah Boots will be the grand marshals for the annual Fourth of July celebration in Windsor Heights. Photo by Dan Hodges.

their contributions to the area are priceless.

Dean and Sarah have spent an immeasurable amount of time assisting with elections and serving on special events committees for Movies in the Park, Oktoberfest and Windsor Wonderland. Dean is also on the public works committee.

The couple's love for their hometown is evident, so it's no surprise they were given the annual Citizens of the Year Award and were presented the honor to be the grand marshals of the Fourth of July parade.

Who better to lead Windsor Heights'

patriotic procession than two people who go above and beyond for the city?

"We have always attended the celebration, and our favorite event is the parade, even in the rain," Sarah says. "We have so many special memories of family and friends visiting for barbecues, going to the parade and then playing games before the fireworks. The events in the park are wonderful and the bands and activities for kids are so much fun. It is great to see everyone smiling and having a good time."

Dean and Sarah both agree that making their community a wonderful place to live is a

FEATURE |

top priority. With two new grandchildren in their lives, they feel passionate about their own family continuing to grow within Windsor Heights.

The couple remains extremely modest about their contributions. Accolades aside, the Bootses just genuinely enjoy being active and making a difference. They described themselves as “incredibly surprised” upon hearing the parade news.

“I didn’t feel it was necessary,” Sarah explains. “We like to help out whenever we can but want nothing in return. We love Windsor Heights and feel that by volunteering we are helping the community and making it a wonderful place for families to live, work and play in.”

Come July 4, Dean and Sarah will line up to cheer on America and the Windsor Heights community in the company of approximately 5,000 attendees.

“It’s America’s birthday,” the couple exclaims. “So let’s get the community together to celebrate our freedom.”

Behind the scenes

Planning an event of this magnitude is never easy, and Windsor Heights Special Events Coordinator Tina Campbell says organizers have their work cut out for them. The event always goes off without a hitch, but there are many moving parts. The old saying is true: It takes a village.



A clown riding a pennyfarthing bicycle amuses the parade crowd during last year’s parade. Photo courtesy of Randy Fowler.

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"I would say the challenge is always volunteers," Campbell admits. "And trying to create something special with a limited budget."

Volunteers are vital the day of and a few days before the event. Help is needed to run the games and activities and to assist with the parade lineup and down markers. Park clean-up is necessary in preparation for the big day and afterward.

The local police department and firefighters handle safety concerns and crowd control, and city employees also step in where needed. Local high school and elementary students also get involved, as do the local Boy Scout troops and Lions Club.

Campbell took on her role with the city in 2014, about a month before the celebration. Events like this remind her just how much she cherishes her job.

"I love the interaction with the different groups, the bands and activity folks, right down to the fireworks vendor," she exclaims. "It is always fun reconnecting with these people, and I enjoy their enthusiasm and excitement."

According to Campbell, there aren't many changes this year. New food and craft vendors will be added to the lineup as the day nears. Local businesses and non-profit community service organizations are always invited to participate in the event.

And never fear, well-known resident Flo Hunter is back on board this year to assist with planning and organizing. She's been involved in the event for more than 30 years. Not only does she cherish the holiday itself, but she also remains incredibly devoted to Windsor Heights and its residents and is thrilled to assist with what she calls a "special small-town family event for all ages."

Event details

The Fourth of July parade will begin at 1 p.m.



Above: Windsor Heights Special Events Coordinator Tina Campbell cherishes her work on the annual Fourth of July celebration and enjoys sharing the enthusiasm and excitement of local residents and volunteers. Photo by Courtney Keiser. Below left: Local Boy Scout Troop 46 marches in the 2014 parade. Photo courtesy of Randy Fowler.

sharp. The parade route starts at Sherwood Forest and 73rd Street and heads south to University, then south down 66th Street before coming to an end on School Street in Colby Park.

After the parade, the action will remain in Colby Park. All family activities and inflatables are accessible from 2:30-8:30 p.m. Face painting is available from 2:30-5:30 p.m., hula hoops from 3-7 p.m., and a juggler will entertain from 4-6 p.m.

Attendees can enjoy the air conditioning in the community center during bingo anytime from 4-7 p.m. Guests can also request balloon animals from 5:30-8:30 p.m.

The inflatables, face painter and balloon animals typically generate the longest lines at the event.

Food stands, pop, wine and beer will be available from 2:30-9:30 p.m. Abby Normal

will occupy the stage from 6-7:30 p.m. with covers of all your favorite '80s hits. Faculty Lounge will perform an assortment of jazz, funk, soul and R&B from 8-10 p.m.

Finally, the "bombs bursting in air" will close the festivities. The fireworks are scheduled to appear anytime between 9:45-10 p.m.

Parking may fill up fast at Colby Park, so residents are encouraged to brainstorm alternate spots. People usually park at Walmart and walk over to the park along the side streets.

Campbell reminds residents most of all, to sit back, relax and have fun upon arrival.

"This event is special because it's our largest community-wide event for the year that also brings in so many people from surrounding areas" she says. "Great music, great food and fun activities for the kids. What's not to love?" ■

WH

Windsor Heights
the heart of it all

JUNE 2015
City of Windsor Heights

1145 66th Street, Suite 1 • Windsor Heights, IA 50324
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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. Upcoming meetings are scheduled for June 23, July 21st, and August 18th beginning at 5:30 PM. If available, all meetings will be held in the Council Chambers at 1133 66th St.

All current and former residents are invited to share memories and/or pictures of life in Windsor Heights. Please consider sharing any historical photos you may have of your neighborhood, homes, businesses, or events to help chronicle the City's history. Indicate historical date and any information pertinent to the photo. Photos can be submitted electronically or by mail. Please note return name and address on each item to be returned to you.

Please send memories / photos to:
windsorheights75@gmail.com

Or mail them to:
City of Windsor Heights
Anniversary Committee
1133 66th Street
Windsor Heights, IA 50324

WINDSOR HEIGHTS ANNUAL 4TH OF JULY

Looking for a family friendly atmosphere to celebrate your 4th of July? Well, look no further! Mark your calendars for the Windsor Heights Annual Fourth of July Celebration! We will kick the festivities off at 1:00pm with our annual Parade. From there the fun continues with assorted activities, food vendors and a beverage garden from 2:30pm – 9:30pm. Abby Normal will kick off an evening of live music at 6:00pm. At 8:00pm Faculty Lounge will take the stage. Fireworks will end the evening and are scheduled to go off promptly at 10:00pm. If you would like to participate in the parade, volunteer, or be a vendor, please contact Tina at 423.8547 or email tcampbell@windsorheights.org.



SUMMER MOVIES IN THE PARK

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)

visit www.windsorheights.org or call 645-6821.

MUSIC IN THE PARK

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. 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 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

ICE CREAM SOCIAL

The Windsor Heights Foundation is sponsoring the Ice Cream Socials. The Ice Cream Socials will be held on Sunday, August 30 from 6:30 until 8:00. Our goal is to have 55 or more host families. We are still in search for host homes! 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. 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



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

Contact: Darren Fife
Walnut Creek Watershed Coalition
515-250-6695
whwaterquality@gmail.com
August 29, 2015
9:00 am to 12:00 pm
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.

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

CALENDAR

Thursday 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

Friday June 19

- Fantastic Fridays!, 10 a.m. - 4 p.m., Franklin Avenue Library
- Movies in the Park: "Big Hero 6," Movies begin at dusk. 8-10 p.m., Colby Park
- DHS Baseball: JV/V vs. East, 3:30/5 p.m. @ Dowling

Saturday June 20

- Visit the Art Cart, all day, Franklin Avenue Library
- Friends of the Franklin Library Meeting, 11 a.m., Franklin Avenue Library
- Flying Pig Fiddle & Banjo, 2-2:45 p.m., Franklin Avenue Library

Monday June 22

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- DCHS Softball: 8th vs. Valley, 9 a.m. @ Dowling
- DCHS Baseball: 9/10th vs. Urbandale, 11:30 a.m./5 p.m. @

Dowling
■ Teen Minute-To-Win-It Games, 4-4:45 p.m., Franklin Avenue Library

Tuesday June 23

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Music in the Park: Party Gras, 7-9 p.m., Colby Park
- 75th Committee Meeting, 5:30 p.m., City Council Chambers
- RHS Baseball: JV vs. Waukee, 10/11:30 @ Roosevelt
- DCHS Baseball: JV vs. Urbandale, 11:30 a.m. @ Dowling
- DCHS Softball: 9th vs. Mason City, 1 p.m. @ Dowling
- Amazing Owls: presented by SOAR. Do you want to see a real, live owl in the library? 3 p.m., Franklin Avenue Library

Wednesday June 24

- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- Planning and Zoning Meeting, 5 p.m., Public Safety Building Council Chambers
- RHS Softball: JV/V vs. Ottumwa, 2:30/4:15 p.m. @ Roosevelt
- RHS Baseball: Varsity vs. Ottumwa, 3:30 p.m. @ Roosevelt
- DCHS Softball: 8th vs. Southeast Polk, 9 a.m. @ Dowling
- DCHS Baseball: 9/10th vs. Ames, 11:30 a.m./5 p.m. @ Dowling
- Artsy Kids Super Special: for children going into grades 3-8, requires preregistration. 3-4 p.m., Franklin Avenue Library

Thursday June 25

- Premium Solution Open House, Join Kris Gregerson, 5-7 p.m., Windsor Heights Community and

Event Center
■ DCHS Baseball: JV/V vs. Valley, 5/7 p.m. @ Dowling

Friday June 26

- Fantastic Fridays!, 10 a.m. - 4 p.m., Franklin Avenue Library
- Movies in the Park: "It's a Hard Knock Life," 8 p.m., Colby Park
- RHS Baseball: 9/10th vs. Dowling, 10:30 a.m./3:30 p.m. @ Roosevelt

Saturday June 27

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

Monday June 29

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- RHS Softball: 9/JV/V vs. Indianola, 1/2:30/4:15 p.m. @ Roosevelt
- RHS Baseball: 9/10th vs. Hoover, 3:30/5:30 p.m. @ Roosevelt
- DCHS Softball: 8th vs. Urbandale, 9 a.m. @ Dowling
- DCHS Softball: 9/JV/V vs. Waukee, 1/4:15/6 p.m. @ Dowling
- DCHS Baseball: Varsity vs. Waukee, 5 p.m. @ Dowling
- Teen Craft: Kids going into grades 6-12 will get to create their own masterpiece using canvas, paint, and tape. Make sure to dress to get messy! 4-4:45 p.m., Franklin Avenue Library

Tuesday June 30

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Music in the Park: Sacred Heart Sax N Brass, 7-9 p.m., Colby Park



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CALENDAR

- DCHS Softball: 9th vs. DCG, 1 p.m. @ Dowling

Wednesday July 1

- Toddler Storytime, Ages 18 months - 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- RHS Baseball: Varsity vs. Indianola, 3:30 p.m. @ Roosevelt
- DCHS Baseball: 9th vs. Marshalltown, 11:30 a.m. @ Dowling
- Legos at the Library, all day. Franklin Avenue Library

Thursday July 2

- DCHS Softball: 9/JV/V vs. Lincoln, 1/4:15/6 p.m. @ Dowling

Friday July 3

- Fantastic Fridays!, 10 a.m. - 4 p.m., Franklin Avenue Library

Saturday July 4

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

Monday July 6

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- Council Meeting, 6 p.m., City Hall
- RHS Baseball: 9/10th vs. East, 10:30 a.m./3:30 p.m. @ Roosevelt
- DCHS Softball: 9/JV/V vs. Johnston, 1/4:15/6 p.m. @ Dowling
- DCHS Baseball: Varsity vs. Johnston, 5 p.m. @ Dowling
- Franklin Afternoon Book Discussion, "The Book of Unknown Americans" by Cristina Henriquez. 1-2 p.m., Franklin Avenue Library

Tuesday July 7

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Music in the Park: Hold On, 7 p.m., Colby Park
- RHS Softball: JV/V vs. Norwalk, 2:30/4:15 p.m. @ Roosevelt
- DCHS Baseball: JV vs. Johnston, 11:30 a.m. @ Johnston
- Library Book Discussion Group, 10-11 a.m.,
- Secret Agent 101, ages 5-10. registration required. 3-4 p.m., Franklin Avenue Library

Wednesday July 8

- Toddler Storytime, Ages 18 months - 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- RHS Baseball: Varsity vs. North, 3:30 p.m. @ Roosevelt
- DCHS Baseball: Varsity vs. Mason City, 5 p.m. @ Dowling
- Artsy Kids Super Special: for kids going into grades 3-8 and requires preregistration. 3-4 p.m., Franklin Avenue Library

Thursday July 9

- RHS Baseball: Varsity vs. Ankeny Centennial, 3:30 p.m. @ Roosevelt

Friday July 10

- Fantastic Fridays!, 10 a.m. - 4 p.m., Franklin Avenue Library
- Movies in the Park: "The Lego Movie," 8 p.m., Colby Park

Monday July 13

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

- JR Detectives, 9 a.m., Windsor Heights Police Department
- 10/60 Meeting, residents are encouraged to attend. They will have 60 minutes to ask their mayor and administrator any 10 questions they want. 5:15 p.m., Windsor Heights Community and Events Center
- RHS Baseball: Varsity vs. Lincoln, 3:30 p.m. @ Roosevelt

Tuesday July 14

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Music in the Park: Urbandale Community Adult Band, 7 p.m., Colby Park
- RHS Baseball: 9/10th vs. Urbandale, 10:30 a.m./3:30 p.m. @ Roosevelt
- DCHS Baseball: Varsity vs. North, 3:30 p.m. @ Dowling

Wednesday July 15

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

Friday July 17

- Fantastic Fridays!, 10 a.m. - 4 p.m., Franklin Avenue Library



Promote your event!

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

Financial powers of attorney

Designating another person to act on your behalf

By Ross Barnett, attorney, Abendroth and Russell Law Firm

Iowa recently enacted a complete revision to the law regarding durable financial powers of attorney. The new Iowa Uniform Power of Attorney act became effective on July 1, 2014. The act replaces prior provisions regarding powers of attorney. The new law establishes a comprehensive legal structure for the creation and use of a powers of attorney.

A durable financial power of attorney is an instrument in which you designate another person to act on your behalf. It allows another person to make decisions about your financial affairs.

A financial power of attorney is "durable" in the sense that it survives incapacity. If you become unable to manage your

own financial affairs, your agent can use the power of attorney to pay your bills, manage investments, and prevent the waste of your assets.

A power of attorney can be a useful tool to ensure continuity in your affairs if you are unable to tend to them yourself. The instrument is not subject to court approval or rejection and can only be challenged under limited circumstances.

An individual can use a durable power of attorney to plan for potential incapacity. If you do not have a power of attorney, then a court may appoint a conservator to make your financial decisions if you become disabled or incapacitated. Conservatorships can be a very costly and time-consuming

process, and can be avoided with proper planning.

The new law contains several significant provisions. The law now uses the term "agent" instead of the term "attorney-in-fact," which can be confusing for some clients. The new statute requires express authorization for the agent's exercise of certain powers, such as making gifts of the principal's money.

The agent's fiduciary duties are clearly delineated. These include admonitions to act in good faith and to act within the scope of the document. It also includes an example of the proper form for signing on behalf of the principal. Another key element is the reminder that the power of attorney expires upon

the death of the principal.

The law requires that most third parties, such as banks and other financial institutions, accept a valid financial power of attorney. In return, those entities have protection from liability for reliance on the power of attorney.

A durable financial power of attorney is a crucial tool that allows you to designate your financial agent, providing a smooth transition in case of disability and preserving your assets. ■

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

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WHAT'S IN YOUR GARAGE |



Bob Baldus of Windsor Heights calls his 1955 GMC truck a work of art. Photo by Lisa Verhey-Budding.

1955 GMC

Raccoons adorn the doors of Baldus' truck

By Lisa Verhey-Budding

At first glance, the truck appears to be a rusty old relic, in need of some tender loving care. However, Bob Baldus' 1955 GMC pick-up truck is quite the opposite.

Baldus has completely rebuilt and rewired his 1955 truck. The rust color was done intentionally to put it into a rat-rod category of vintage vehicles for the sake of showing it at car shows.

"There was a lot of time spent on getting this truck painted to look like it does," he says. "The patina style is an official term, I guess you could say. I had Rich Hanson in Des Moines do the work for me. He is a very gifted artist."

Along with the beautifully orchestrated look of natural aging, Baldus had raccoons painted on the doors of the truck.

"I had the raccoons added, and then named it after the Raccoon Valley area that I love," he says.

The truck has its original body and chassis, with a Chevy 350 V-8 small block and a 1971 Nova front stub underneath.

"It goes really fast," Baldus says.

Baldus uses the truck for nor-

mal, everyday utilitarian purposes and enjoys the looks he gets as he drives down the street.

"I have a lot of fun with it and get a lot of people checking it out when I drive it. My grandson and his friends have fun doing the same thing," he says.

Baldus, a retired school teacher from Amos Hyatt Middle School, knows all about how to have fun, and keep busy in his retirement years.

"I have always had a passion for airplanes. I go to competitions with my U-Control planes every chance I get," he says. "I have a whole hangar of these planes in my basement and garage. They fly just like real planes do. You would be amazed at how much you can do with them."

Baldus has the great philosophy of never being too old to have fun. He is a young 77-year-old with one diamond-pierced ear and a fistful of energy.

"Keeping busy has been the best way for me to survive the loss of my wife five years ago, and now the long stretch of retirement," he says. "I'm a busy guy having fun with my hobbies, and I plan to keep it that way." ■

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?"

EDUCATION |

Meet Nancy Schroeder

Instructor has a passion for teaching

By Rainey Cook

Her co-worker called her a saint. Her students gladly rush in her room and start talking to her. Her calm and intelligent disposition is partly why. Perhaps one other reason people speak highly of her is that she loves her job — and it shows. At Iowa Christian Academy since it opened its doors in 1999, Nancy Schroeder is a first grade teacher with a steadfast passion.

What she enjoys most about her 6- and 7-year-olds is that everything is new and exciting to them, and they are sponges wanting to soak it all in. Also, at this age they are learning to read, which opens a whole new door for them.

Schroeder and her class of 16 also enjoy learning stories from the Bible and how they apply to their lives. They memorize scripture together and try to incorporate the Bible in other aspects of their day. They really try and think how God would want them to act.

First grade is a busy year. As Bible truths trump the year, a close second is phonics and learning new words. Math goes from basic facts to money and telling time.

"They are such sponges and are so curious at this age," Schroeder says.

Her room is decorated with seasonal concepts, daily jobs, vocabulary words, simple math problems and small desks. The



Nancy Schroeder has taught at Iowa Christian Academy for 16 years. Photos by Rainey Cook.

energy here is high, and questions from her students are fast and furious.

What Schroeder resonates with most at Iowa Christian Academy is the fact that she can teach about God. She also enjoys the other teachers she works with. The smaller class sizes and family community also keep her right where she is.

"The family-style atmosphere is very apparent at Iowa Christian Academy," Schroeder says. "Parents are very involved with their children's education."

While on summer break, Schroeder will spend time with her own family and take a trip to Colorado. She enjoys reading and anything outside.

Schroeder is originally from Holdrege, Nebraska. ■

What do you like best about your teacher?



Jordyn Harms:
"She's fun. We do a lot of projects with her."

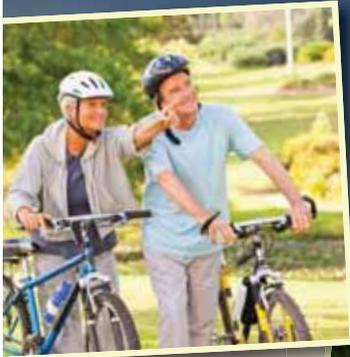


Mathew Thompson:
"She teaches me really good."



Carlee Thorington:
"She teaches us good math problems."

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SENIOR LIVING |

Transitioning into retirement

The process continues with downsizing

By Susan Ray, executive director, The Reserve

For the past few months my articles have been about transitioning into retirement. As we enter the second phase of life, it is as unfamiliar as the first phase was. The unknown creates anxiety and uncertainty. I am exploring some of the different phases of this transition process in hopes of providing you some general information to aide you in the process.

My article today is about the consideration to downsize. For many of us, the thought of downsizing can be overwhelming. For many, this is the home where they raised their family. The memories that were created in your home are priceless. These memories hold all the "firsts."

Then there is all the stuff. Throughout the years there has been an accumulation of belongings. The idea of going through these things can be daunting. Again, some of these items are priceless, yet they have no real value other than sentimental value. Unfortunately, the sentimental value may only resonate with you. Other family members or friends likely won't see the value in your "stuff."

Downsizing can be an emotional process at any age. However, downsizing can be a positive experience with the proper preparation. Starting the conversation about downsizing sooner rather than later gives time to prepare emotionally. One way to help this to be a more positive experience is to start the process before it becomes an urgent necessity. You've heard the saying that "when emotions



are high, logic is low." The saying certainly holds true in this situation. A health event often will force people into making quick decisions. When health events occur, emotions are high. Be prepared with a plan for downsizing

Here are a few things to consider before you put the "for sale" sign in the yard:

- **Take a long look.** Are you really ready to simplify your life? Think it through.
- **Family ties.** Consider the proximity to grandchildren.
- **Working.** Do you plan to include working as part of your retirement life? If so, are there opportunities that appeal to you in the location you are considering?

- **Why to consider downsizing.** Reducing housing costs is a quick way to increase your retirement saving. Lessening home maintenance is a way to simplify your life and reduce the physical and financial responsibilities of a larger home.

More to come next month on the continuing process of transitioning into retirement. ■

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



The congregation carried in the newest cross to join the latest transformation of Windsor Heights Lutheran Church.

Growing with Christ

Windsor Heights Lutheran continues to evolve

By Chris Kelley

Every story has a beginning, and so does every great church. It was 72 years ago this July that a pastor in Windsor Heights organized the first Sunday service of worship in the history of Windsor Heights Lutheran Church. While it did not have the same name, the tradition continued.

Several months later, in 1944, 15 adults gathered in what became the church's first official chapel. The building was a former hardware store on University Avenue. What church can say that its first chapel was a hardware store? For those in attendance, it was all about commitment. Fifteen adults were present for the service, up four from the first service in 1943.

But for Lutheran worshipers, lovers and believers of Christ in Windsor Heights, it wasn't about location or popularity. It was about giving everything to Christ. Today, the same traditions and missions apply, despite a much different looking Sunday service.

The birth of the original church building began in 1947, but it was no easy task. Construction required long hours and great expenses. Members of the church went above and beyond, with some mortgaging their own homes to help the church during tough times. Come early 1954, however, the church celebrated 402 baptized members with a mortgage burning ceremony. A lot has changed since that original building and with it, the evolving

love and compassion of the congregation and its relationship with God.

As new additions came to the church campus, Windsor Heights Lutheran Church worked to evolve its culture of invitation to others. Community involvement, ministry and spiritual growth would take the front seat as the church became more and more stable.

Windsor Heights Lutheran Church
 1240 66th St.
www.whlc.org
 Sunday service:
 Sunday school: 9:30 a.m.
 (Summer worship schedule)

Today, the church works hard to keep top-notch facilities to accommodate its mission and ministry. Facility renovations began in 2013 as church members agreed to enhance the many aspects of their growing and expanding campus. In 2014, the church saw many new expansions, including a brand new cross for the building.

A mission to meet the needs of the community of Windsor Heights and members of the faith community through expanded space continues to be a priority. Congregation members who know and remember the rich history of Windsor Heights Lutheran Church will never forget where they came from — or how the Lord Jesus Christ got them there. ■



Laurie and Pat Johnson will host her father's 75th birthday party at their Windsor Heights home this summer. Photos by Rainey Cook.

Location bliss

Couple feels right at home in brick ranch

By Rainey Cook

It was just last month Pat and Laurie Johnson had a party for their Dowling graduate. And it was just 18 years ago they moved into their beloved home in Windsor Heights. Having lived in a smaller, similar house in Des Moines as a child, Pat felt at home when he saw this brick ranch.

Years later, with a new roof and maintenance-free windows, his decision deepens. The couple has refinished the white and red oak hardwood floors in the entire house. With no stain, the original coloring of each oak floor is stunning.

The living room comes with the original white marble wood-burning fireplace, currently adorned with candles. The light latte-colored paint and chocolate leather couch allow for the wood floor sheen to be picked up and noticed as original floors that are meant to last a lifetime.

Laurie's bliss is in the backyard. The deep fuchsia roses, hostas and lavender are just a few of the blooming and colorful pieces she takes care of.

"I try to add something new every year out there," Laurie says.

They've just replaced an evergreen that didn't make the harsh

2014 winter. The new small one is a project they plan to watch grow.

They both agree their location is ideal. Their home is two blocks from the bike path, which is perfect for Pat when he opts to ride his bike to work downtown. They both enjoy riding their bikes to Colby Park in the summer to listen to Music in the Park. Going to Jordan Creek Mall or downtown is a simple 10- to 15-minute drive.

Another important benefit they each appreciate is having extended family as close as Beaverdale and Ankeny.

The neighborhood has changed a bit as new young families move in. They still enjoy the retirees who love living in Windsor Heights just like they do.

Coming up from the Walnut Creek, wildlife seem to also find comfort in this neighborhood. It's not uncommon to see deer or fox.

"One Thanksgiving we had a buck sit in our front yard for about two hours," Laurie recalls.

"I like the small-town feel, but knowing you really are in Des Moines," Pat says. "I also appreciate that Windsor Heights is a landlocked community, but like the new development that's happening on Hickman." ■

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.

NEWS BRIEF |

Music in the Park schedule set

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 began June 9th.

All concerts are held on Tuesday nights, starting at 7 p.m. The schedule:

- 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
- Aug. 4: Greater Des Moines Community Band (includes Night Out Against Crime activities)
- Aug. 11: Hot Club

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, 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. ■

Having More Retirement Accounts is Not the Same as Having More Money.

When it comes to the number of retirement accounts you have, the saying "more is better" is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you're properly diversified.* At the very least, multiple accounts usually mean multiple fees.

Bringing your accounts to Edward Jones could help solve all that. Plus, one statement can make it easier to see if you're moving toward your goals.

*Diversification does not guarantee a profit or protect against loss.

To learn why consolidating your retirement accounts to Edward Jones makes sense, call your local financial advisor today.



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FINANCE |

Are you a Baby Boomer? Don't let retirement plans go bust

If you're a Baby Boomer, you're at the point in life where, if you haven't retired, you're at least approaching the outskirts. You may be experiencing some trepidation over your financial situation as a retiree. It is so important for you to determine what steps to take to help improve your chances of enjoying a comfortable retirement.

Consider these numbers: Seventy-two percent of non-retired Boomers think they will probably be forced to delay retirement, and 50 percent have little confidence that they will ever be able to retire, according to a recent AARP survey.

Fortunately, when it comes to building resources for retirement, you have options. You may still have time to take measures such as boosting your 401K and IRA contributions and reduce debt. You could re-evaluate your planned date of retirement. If you really don't mind your job and could extend your working life for even a couple of years, you could help yourself enormously in at least three ways:

- **The longer you work, the more you can contribute to your IRA and your 401(k) or other employers-sponsored account.**

- **You can start taking Social Security as early as age 62, but your benefits will be permanently reduced unless you wait until your full retirement age (FRA), which will likely be 66 or 67. Your payments can increase if you delay taking your benefits beyond your full retirement age, up to age 70.**

- **The longer you wait until you begin withdrawals from your**



IRA and 401(k), the more time you are giving these accounts to potentially grow. (Once you turn 70½, you will need to generally start taking withdrawals from a traditional IRA and a 401(k) or similar plan.)

As an alternative to delaying your retirement, you may be able to adjust your investment mix to provide you with the combination of growth and income that can help carry you through your retirement years. You can also be strategic about which investments you start taking withdrawals from.

Start thinking now about ways you can help yourself achieve the retirement lifestyle you've pictured. You may want to consult with a professional financial advisor who can suggest the strategies and techniques most appropriate for your situation. In any case, with some careful planning, you can be a Boomer whose retirement plans don't go bust.

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.

Term life insurance

Provide security without a lifetime of premiums

By Matt Cale, State Farm agent

Starting a family? Caring for aging parents? If you have dependents counting on your income, life insurance is more of a necessity than a luxury. Term life insurance can help provide financial security without a lifetime of premiums. Here's how it works:

Coverage and benefit

A term life policy provides coverage for a stated period of time, or term. The owner chooses a stated term and pays scheduled premiums to the insurer. If the insured person passes away while the policy is in force, the policy's beneficiary receives the stated value of the death benefit. If the insured person survives the term, no benefit is paid.

Length of term

A term life coverage period may be as short as one year or as long as 30 years. The most common terms are five, 10, 15 and 20 years. As a term ends, many policies give the policyholder the right to continue the coverage. Most companies also allow term life policies to be converted to a permanent policy, such as whole life or universal life. Permanent policies are designed to provide coverage for the life of the insured person, not just a stated term. New premiums and other conditions may apply.

Costs

Term life premiums are determined by a number of factors, including the age, health, tobacco use and occupation of the insured person, as well as the length of term and stated death



benefit. The policyholder usually pays level premiums for the duration of the term. Every time the policy is renewed, the premiums can increase to reflect the age of the policyholder. In some cases, the insurer may require a new medical examination, which could result in even larger premium increases or exclusions.

Other financial benefits

Unlike permanent life policies, term life policies do not provide a cash value component. The premiums paid to the insurer are simply the nonrefundable price of coverage for the stated term. One partial exception is a return of premium (ROP) term policy. If the insured person survives to the end of an ROP policy's term, the insurer refunds the total amount of the premiums paid.

Term life is a sound insurance option for people seeking to provide for their dependents for a set period of time. For more information about whether term life is right for you, discuss your needs with an insurance professional or certified financial planner. ■

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



The Windsor Heights Mini Marathon (WHAMM) was held in Colby Park on May 16.



Food was part of the fun at WHAMM in Colby Park on May 16.

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David Swartz and Michael Libbie at the Windsor Heights Chamber lunch at Isla Cozumel on June 2.



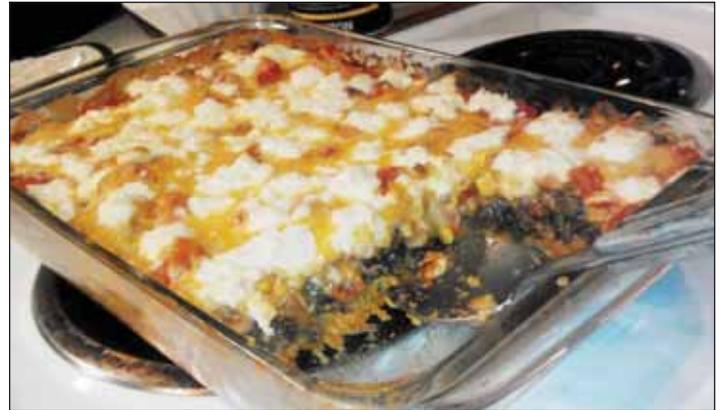
Bonnie Rosa-Mosena and Raylee Melton at the Windsor Heights Chamber lunch at Isla Cozumel on June 2.



Chris Olkiewicz and Chris Boring at the Windsor Heights Chamber lunch at Isla Cozumel on June 2.



Amber Cahill, Marcy Obrien and Denise Boring at the Windsor Heights Chamber lunch at Isla Cozumel on June 2.



Tex-Mex casserole

Dish is quick, easy, economical and satisfying

By Kris Ellis Tracy

This is a quick and easy casserole to satisfy hungry appetites. It is economical, too. In Colorado, we have lots of kinds of green chili sauce available, but if they are thin on the ground in Iowa, just use your favorite salsa. This casserole is mostly a matter of opening a few cans and is the closest I usually get to packaged food. It would be even better made with fresh veggies as those peppers and tomatoes come out of your garden. ■

Tex-Mex casserole

Ingredients

- 1 pound ground beef
- 1 tablespoon olive oil or canola oil
- ½ yellow onion, diced
- 1 diced green pepper, optional
- ½ teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon dried cilantro
- 2 tablespoons chili powder
- Salt and pepper to taste
- 1 box Jiffy corn muffin mix
- 1 egg
- 1/3 cup milk
- 1 can black or pinto beans, drained and rinsed
- 1 can corn, drained or 1½ cups frozen corn
- 1 14-ounce can of Rotel or diced tomatoes
- 1 jar green chili sauce (about 1½ cups)
- 2 cups finely shredded taco cheese
- ½ wheel of cotija cheese, crumbled

(optional)

Directions

1. Spray a 9-inch x 13-inch pan with oil and prepare the corn muffin mix according to package directions. Spread in a thin layer on the bottom of the pan and bake at 350 degrees for 10 minutes.
2. While the corn bread layer is baking, sauté the ground beef with the oil, onion, green pepper, garlic powder, chili, cilantro, oregano, salt and pepper.
3. When the corn bread comes out of the oven it will not be entirely baked. Spread the meat and spice mixture in an even layer over the top. Then spread the beans. Layer on the corn, tomatoes and green chili. Top the casserole with the shredded and crumbled cheese and bake for 25 minutes.
4. Serve with sour cream and salsa.

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The Windsor Heights Fire Department strives to become better at what it does.

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Delivering services to the public

Fire department makes organizational changes

By Dennis W. McDaniel, chief of police and fire services

The mission of the Windsor Heights Fire Department is to deliver excellent EMS and fire services to the public through continuous training, rapid response, public education and fire protection.

Since the beginning of March, the fire department has been going through many organizational changes. One of these major changes has been a transition to utilizing a 24-hour staffing model. The department now has one firefighter/paramedic in the station at all times. This allows an advanced-level EMS provider to offer patient care more efficiently and also allows a quicker response to any structure fire, motor vehicle crash or rescue assignment. Additionally, the department is staffing one part-time firefighter/EMT each day from 6 a.m. - 6 p.m. and another full-time firefighter/EMT from 9 a.m. - 9 p.m. daily. These new personnel allocations have become necessary due to a reduction in the traditional "volunteer" firefighter's level of participation in the department.

The Windsor Heights Fire Department is attempting to bring a 21st century model of volunteerism back to your department. In years past, this organization relied heavily on the volunteer (paid-per-call) role. As times change, lives get busier and demographics of the city turn over. Consequently, this

department needs you. We are recruiting area citizens and business partners to consider getting involved with providing lifesaving services in your own backyard. Our goal is to find residents (or employees who work in the city on a regular basis) to respond to the station for all calls.

One out of every three days/nights the paid-per-call firefighter is on call and responds to incidents (approximately 700 per year). For a POC position, the individual will not need any prior training. The requirements are to have a valid driver's license, pass a basic physical test and background check and to live/work within 1.5 miles of the station. The department will provide the POC firefighter with an opportunity to explore this profession by serving as a recruit shadowing day-to-day operations before making a commitment to attend Fire Academy training.

The Windsor Heights Fire Department is dedicated to the residents of Windsor Heights, and we are constantly striving to become better at what we do. With the help of the residents and business owners in this city, we will continue to provide excellent care to everyone. For more information, or if you would like to schedule a tour of the fire station, we encourage you to contact the Windsor Heights Fire Department at 279-9450. ■

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