

Windsor Heights

august 2015

50324

Living

magazine

Trash to Treasure

WINDSOR HEIGHTS RESIDENTS
NURTURE CREATIVITY
THROUGH REPURPOSING

PEACH PIE
RECIPE

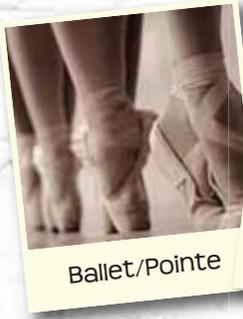
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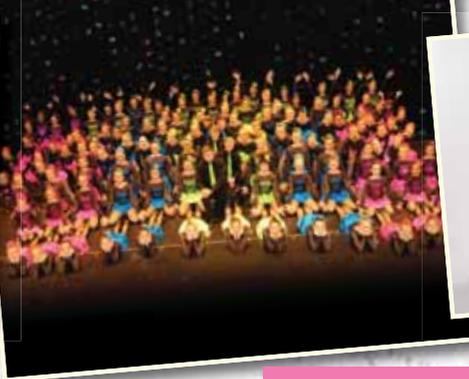


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WELCOME |

The repurposing addiction

I will admit it. I am a craigslist junkie. And the more I openly talk about it, the more I realize that I am not alone. A fellow craigslist addict who I met a few weeks ago explained it to his wife and my wife this way: "It's like a shopping mall, for guys." The only difference, he explained, is that most of the stuff bought and sold on it is used. Or to fit with this month's cover story, it is ready to be "repurposed."



If you are not familiar with craigslist, it is a classified ad website with all kinds of stuff for sale. It was founded in 1995 by a guy from San Francisco, California, named Craig Newmark — hence the name. It is free to list most things for sale, and there is no charge to buy things either. It is simply a conduit for buyers and sellers, and it has drained classified revenues from newspapers in just a few short years.

Craigslist isn't the only online classifieds site, but it is the biggest. It certainly has its faults, especially with some

creepy people who take advantage of others, but it is still a haven for buyers and sellers of most anything, including antiques.

Ah, yes, antiques. By definition, they are collectible objects such as furniture or works of art that have high values because of their "considerable age." Those last two words are up for debate, depending on the buyer or seller. An item that is 20 years old may not seem like an antique to a 70-year-old person, but it can bring back great memories for someone in his or her 30s.

Regardless of your age or your definition of antiques, you are bound to find something of interest, something that brings back special memories, something that makes you smile if you just look hard enough.

So if you are a craigslist junkie like me, or if you simply like to find "stuff" in old barns, auctions or along a curb, then you will enjoy reading about others who do the same in this month's cover story.

Thanks for reading. ■

Shane Goodman
Publisher

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Iowa Living
magazines

Trash to Treasure

WINDSOR HEIGHTS RESIDENTS NURTURE CREATIVITY THROUGH REPURPOSING

By Courtney Keiser

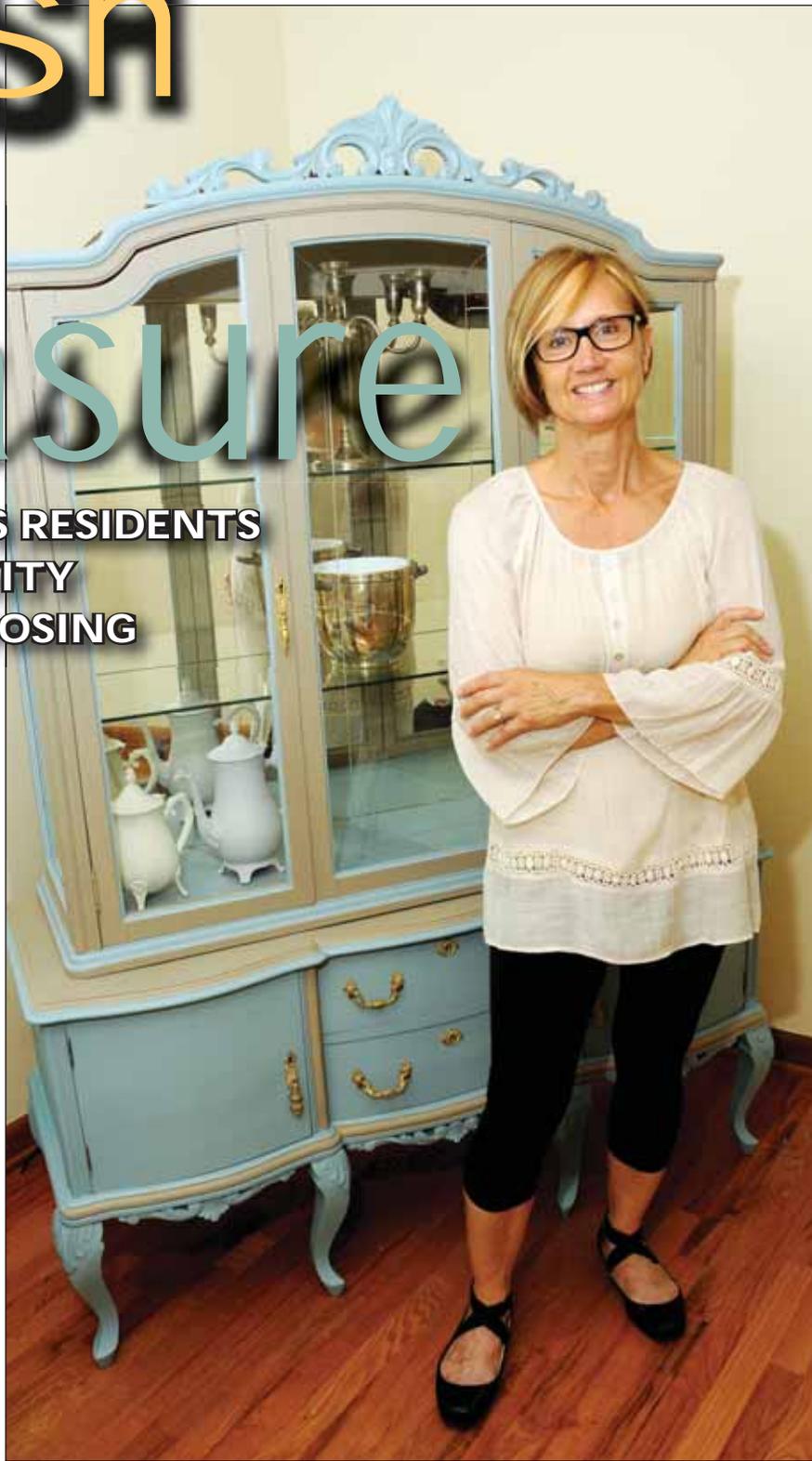
Windsor Heights resident Mary Lou Killebrew was curb picking when curb picking wasn't cool. Her DIY journey began more than 30 years ago when she was a young mom and loved to decorate. She didn't have a lot of money, but what she lacked in funds she made up for with creativity.

"I wanted things for the house that I could fix up," she says. "My mother used to do the same thing. I remember going to the dump with my dad. I just come by it naturally."

Today Killebrew is living her dream. She frequently refinishes furniture for friends, family and her own home. And recently she opened a shop in Ankeny to showcase her artistry.

"I just love the idea that I have recreated something that others will appreciate," she explains. "It's therapy, and it fuels me that I can make something for myself or something that someone else will like. The more difficult it is, the more I have to do it — I like a challenge."

Killebrew can find stuff to repurpose almost anywhere. She frequently visits sales and auctions, but friends and family also bring her pieces before they trash them. The farmer's table in her dining room was generously regifted to her, and a good friend recently asked her to work her charm on an old mirror. She has reincarnated an old hutch, French dresser and TV stand for her own home, among many others.



Mary Lou Killebrew with one of her recently completed projects, a French provincial-style china cabinet. Photo by Dan Hodges.

FEATURE |

Killebrew admits to being obsessive when it comes to her projects. She doesn't just upcycle — the goal is to create a finer piece of furniture. She sands each piece until it is smooth and goes the extra step to make it look new with quality paint and products. She uses low-maintenance Fusion mineral-based acrylic paint.

Killebrew and her husband, Mike, have two children, Kyle and Natalie, and two grandchildren. She recently brought new life to a kidney-shaped vanity straight from the side of the road and gave it to Natalie. She also painted a table and chair set for her granddaughter, who loves that it was made by her “nana.”

If a piece is broken, Killebrew and her husband fix it. Mike is also a “doer” and is more than happy to assist his wife with furniture repairs, heavy lifting and hauling. He even inspired the name of her shop.

“We were on a walk with our



Killebrew's son Kyle is also a picker by nature. He scouts items for his mother and sends her text messages with photos and descriptions of anything he thinks she will enjoy redoing. One particular find of Kyle's, this dresser, is one the entire family will never forget. It made the rounds through friends and family before it ended up finding its place in Omaha, Nebraska. Photo submitted.

two dogs, and we began discussing ideas,” she says. “He is always adding ‘and such’ to the end of phrases; it’s just something he does. So, he threw out the name ‘Miss Fancy Paints and Such,’ and it just stuck.”

Her son, Kyle, is also a picker by nature. He scouts items for his mother and sends her text messages with photos and descriptions of anything he thinks she will enjoy redoing. One particular find of Kyle's, a dresser, is one

the entire family will never forget.

“This dresser has been around the town since I acquired it,” Killebrew laughs. “Kyle loaded it from the thrift store to my garage. I lugged it to a show and it didn't sell, so I moved it back to my garage and then to a storage unit. I then moved it to my friend's garage until my daughter decided she wanted to turn it into a bathroom vanity. She changed her mind, so it came to my store.”

The infamous dresser finally has a new home in Omaha, Nebraska.

Killebrew fondly recalls the years of quality time spent with her daughter, Natalie, creating and crafting. She says she still has the button earrings that the two made. It warms her heart to now witness Natalie carrying on the same traditions with her family.

The support of her family not only drives Killebrew to be her best, but it also instilled the confidence she needed to pursue

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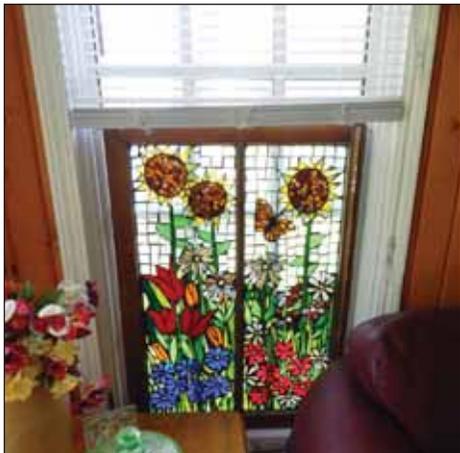
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Sloan is fond of her stained glass creations and has opted to place them in the windows inside her home. Her favorites reside in the den and are adorned with various flowers. Photo by Courtney Keiser.

and hone her craft.

When Natalie recently bought her mother a poster, she couldn't help but feel the words were written just for her. The quote by Elizabeth Appel read: "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

"I framed and hung the poster in my home," she says. "This is how it all came to be. I needed to do my own thing."

Do-it-yourself mosaics and stained glass

Pat Sloan was born to be an artist. She has always been crafty, but seven years ago she decided to enhance her skills and focus on drawing, painting, mosaics and stained glass.

She began taking classes, and the hard work paid off. Now the basement in her Windsor Heights home is overflowing with mosaic birdbaths, stepping stones, furniture and stained glass windows. A special light table that allows her to see how the windows will appear in natural light holds her latest half-finished project.

She admits that she sometimes has a hard time letting go of her favorite creations because of the time and thought she puts into her art.

Mosaic is the art of creating images with pieces of colored glass, stone or other materials. Sloan's pieces are decorative, but also functional. She starts with an idea, then finds a base suitable for the project.

As a true DIY repurposer, Sloan uses recycled items from garage sales, flea markets and thrift stores.

"I love taking worthless items and remaking them into something that I consider beautiful," Sloan explains.



Pat Sloan is a skilled artist and do-it-yourselfer. She creates a variety of mosaic and stained glass creations using recycled pieces. Photo by Courtney Keiser.

Sloan is fond of her stained glass creations and has opted to place them in the windows inside her home. Her favorites reside in the den and are adorned with various flowers. Many of her favorite outdoor pieces reside in her backyard garden.

Her designs are on display at the Ted Lare Garden Center in Cumming and the showroom at Created in Johnston.

Of course, in the beginning Sloan encountered quite the learning curve. She has learned to specifically toss out red or pink glass that has only been coated with color.

"I once used pink stained glass on a leaded window that wasn't pink through and through. We placed it in the bathroom window and it's been bleeding pink ever since," she says.

For her first birdbath, she used bits of a mirror in the bowl to reflect the light and mimic water. It seemed like a great idea until she realized their reflection scared the birds in the opposite direction.

Sloan's artistic abilities are both impressive and non-traditional. Each piece is unique and custom, and so is her workshop. She designed a special space in her basement where she can retreat when she feels inspired. The walls are covered with murals to make up for the lack of windows and sunshine, and it's just far enough away to drown out the noise that Sloan has become accustomed to and is soothed by.

"I always used to tell Mike after a long and frustrating day that I needed to go downstairs and break something," she laughs. "It's cathartic." ■

The importance of a will

Make sure your assets are distributed according to your wishes

By Charlotte Sucik, attorney, **Abendroth and Russell Law Firm**

Anyone who owns property — a home, a car, a retirement account — can benefit from an estate plan. Planning for the future allows you to direct how and to whom your property will be distributed after your death. If you have no estate plan, your property will be distributed according to the laws of intestacy, without regard to your family or wishes.

Clients have several objectives in estate planning. Obviously, you want to dispose of your assets according to your wishes. You may want to provide for minor children or specific family members. It may be very important to minimize the cost or time associated with probate or to avoid making personal affairs public. Avoiding paying estate or inheritance taxes is prob-

ably always a goal, although most estates are exempt from both Iowa and federal taxes. You may want to ensure that your favorite charity or institution receives a donation or you may want to exclude certain persons from receiving anything.

The most basic estate planning tool is the last will and testament. A will gives you the right to determine who receives your assets after your death. By exercising your privilege of making a will, you can select the personal representative of your estate to administer your will and distribute your assets according to your wishes. You can use your will to nominate a guardian for minor children or to direct that beneficiaries who are young will not receive their inheritance until they are financially mature.



Perhaps most importantly, you can use your will to direct your assets to beneficiaries whom you choose, instead of letting the law choose for you. You may have given significant gifts to one child and want to equalize the inheritance of your other children. You may have stepchildren whom you

want to share in your estate. Or, you may want to ensure that people outside your immediate family receive a bequest. Many clients are surprised to learn that a surviving spouse doesn't inherit everything if the decedent had children from a prior marriage. A will allows you to remedy this potential problem.

The major benefit of a will is that it gives you control to direct the distribution of your estate according to your wishes. Everyone should have this basic estate planning tool. ■

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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CALENDAR |

Friday Aug. 21

- Lego Fridays, all day, Franklin Avenue Library

Saturday Aug. 22

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

Monday Aug. 24

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

Tuesday Aug. 25

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Free Advice for Your Device, 12:30 p.m., Franklin Avenue Library

Wednesday Aug. 26

- Toddler Storytime, ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- Planning and Zoning, 5 p.m., Public Safety Building Council Chambers
- DCHS Golf: Boys Varsity Invitational, 10 a.m. @ Jester Park

Thursday Aug. 27

- JR Detectives, 5-7 p.m., Windsor Heights Police Department
- RHS Football: 10th vs. East, 6 p.m. @ East
- RHS Golf: Boys JV/V vs. Hoover,

- 3:30 p.m. @ Waveland
- RHS Volleyball: 9th Tournament, 4:30 p.m. @ Newton
- DCHS Golf: Boys JV/V vs. Ames, 2 p.m. @ Legacy Golf Club

Friday Aug. 28

- Lego Fridays, all day, Franklin Avenue Library
- RHS Football: 9/V vs. East, 4:45/7:30 p.m. @ East

Saturday Aug. 29

- Visit the Art Cart, all day, Visit the Art Cart Franklin Avenue Library
- Sixth Annual Walnut Creek Clean-up and Watershed Festival. Volunteers meet at Colby Park at 9 a.m. After the clean-up, join us for a trash tally, music by Abbey and the Sawyers, refreshments and a BBQ. 9 a.m. -2 p.m., Colby Park
- DCHS Volleyball: 10/JV Invitational, 9 a.m. @ Dowling
- Franklin Library 50th Anniversary Party, 2-4 p.m., Franklin Avenue Library

Sunday Aug. 30

- Windsor Heights Ice Cream Social, 6:30-8 p.m.

Monday Aug. 31

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- DCHS Volleyball: 9/10/JV vs. Urbandale, 6/7 p.m. @ Dowling
- Volunteens. Teens ages 12-18 can pick up a teen volunteer application at the Franklin Library. 4 p.m., Franklin Avenue Library

Tuesday Sept. 1

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Lunch and Learn, 11:45 a.m. - 1 p.m., Chamber of Commerce
- RHS Volleyball: 9/JV/V vs. Hoover, 6/30 p.m. @ Hoover
- RHS Swimming: JV/V vs. Hoover,

- 5:30 p.m. @ Hoover
- DCHS Volleyball: 9/10/JV/V vs. Ames, 4:45/5:45/7:30 p.m. @ Dowling
- DCHS Swimming: Girls JV/V vs. Ames, 5:30 p.m. @ Dowling

Wednesday Sept. 2

- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- RHS Golf: Boys Varsity Invitational, 9:30 a.m. @ Waveland

Thursday Sept. 3

- RHS Golf: Boys JV/V vs. East, 3:30 p.m. @ Grand View Golf Club
- RHS Cross Country: Boys 9/JV/V Invitational, 4 p.m. @ ISU
- RHS Cross Country: Girls JV/V Invitational, 5 p.m. @ Urbandale
- RHS Volleyball: JV Game, 5 p.m. @ Roosevelt
- DCHS Football: 10th vs. Urbandale, 5 p.m. @ Dowling

Friday Sept. 4

- Lego Fridays, all day, Franklin Avenue Library
- RHS Football: 9/V vs. Ankeny Centennial, 5/7:30 p.m. @ Drake
- DCHS Golf: Boys JV vs. Valley, 3:30 p.m. @ Legacy Golf Club
- DCHS Football: Varsity vs. Urbandale, 7 p.m. @ Valley Stadium

Saturday Sept. 5

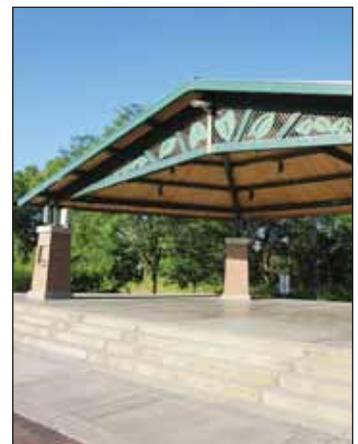
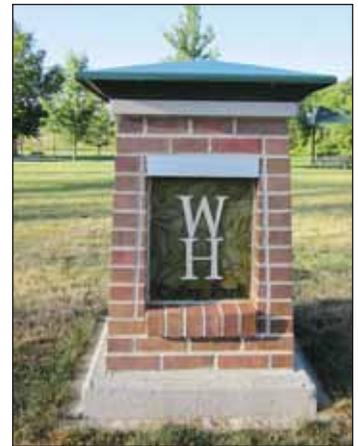
- Visit the Art Cart, all day, Visit the Art Cart Franklin Avenue Library
- DCHS Cross Country Invitational, 9 a.m. @ Urbandale

Monday Sept. 7

- Preschool Storytime, ages 3-5, 10:15-10:45 a.m., Franklin Avenue Library
- DCHS Football: JV vs. Ankeny, 4 p.m. @ Dowling

Tuesday Sept. 8

- Baby Rhyme Time, Ages 0-18



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

■ RHS Volleyball: 9/10/JV/V vs. Indianola, 4:45/6/7:30 p.m. @ Roosevelt

■ RHS Swimming: Girls JV/V vs. Indianola, 5:30 p.m. @ Roosevelt

■ DCHS Volleyball: 9/10/JV/V vs. Waukee, 4:45/6:30 p.m. @ Waukee

■ DCHS Swimming: Girls JV/V vs. Johnston, 5:30 p.m. @ Summit MS

■ Franklin Crafty Readers. Join us in the Children's Area to enjoy a story and make a related craft. Ages 3-8. 4 p.m., Franklin Avenue Library

■ Franklin Evening Book Discussion, We'll discuss "Someone Else's Love Story" by Joshilyn Jackson. Copies of the book are available at the Information Desk. 6:30 p.m., Franklin Avenue Library

Wednesday Sept. 9

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

■ Windsor Heights Chamber Golf Outing, 12-7 p.m., Waveland Golf Course

Thursday Sept. 10

■ RHS Golf: Boys JV/V vs. Indianola, 3:30 p.m. @ Waveland

■ DCHS Football: 9th vs. Waukee, 6 p.m. @ Dowling

■ DCHS Football: 9th vs. Waukee, 6 p.m. @ Dowling

Friday Sept. 11

■ Lego Fridays, all day, Franklin

Avenue Library

■ RHS Football: 9/V vs. Lincoln, 5/7:30 p.m. @ Drake Stadium

Saturday Sept. 12

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

Monday Sept. 14

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

■ 10/60 Meeting. Residents 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

■ Franklin Afternoon Book Discussion. We'll discuss "The Light Between Oceans" by M. L. Stedman. Copies of the book are available at the Information Desk. 1 p.m., Franklin Avenue Library

■ Volunteens. Teens ages 12-18 can pick up a teen volunteer application at the Franklin Library. 4 p.m., Franklin Avenue Library

■ DCHS Golf: Boys 9/JV vs. Johnston, 3:30 p.m. @ Blank Course

■ DCHS Football: 9th vs. Johnston, 4:45 p.m. @ Dowling

■ DCHS Volleyball: 9th vs. East, 6 p.m. @ Dowling

Tuesday Sept. 15

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

■ YP Leaders Symposium, \$35. Noon-5 p.m., Community Choice

Credit Union Convention Center

■ Franklin Crafty Readers. Join us in the Children's Area to enjoy a story and make a related craft. Ages 3-8. 4 p.m., Franklin Avenue Library

■ RHS Golf: Boys JV/V vs. Lincoln, 3:30 p.m. @ Waveland

■ DCHS Golf: 9th vs. Southeast Polk, 3:30 p.m. @ Dowling

■ DCHS Volleyball: 9/10/JV/V vs. Ottumwa, 4:45/5:45/7:30 p.m. @ Dowling

■ DCHS Swimming: Girls JV/V vs. Marshalltown, 5:30 p.m. @ Dowling

Wednesday Sept. 16

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

■ Artsy Kids: Back to School Crafts. Come and decorate a notebook using scrapbook paper and ribbon. This program is for kids in grades 3-8 and requires preregistration. 4 p.m., Franklin Avenue Library

Thursday Sept. 17

■ RHS Football: 10th vs. Hoover, 6 p.m. @ Home

■ DCHS Golf: Boys JV/V vs. Johnston, 3 p.m. @ The Legacy Club

■ DCHS Golf: Boys 9th vs. Urbandale, 3:30 p.m. @ Blank Course



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BICYCLE SAFETY

Bicycle riding is a fun, healthy, and enjoyable activity for this time of year. Please follow some of these tips to stay safe while cycling.

- Wear a proper fitting helmet
- Check equipment before riding
- See and be SEEN!
- Wear reflective clothing
- Watch for road hazards
- Whenever possible, avoid riding at night
- Look before turning
- Obey all traffic laws
- Go with the flow of traffic, not against it
- Be predictable, and yield to traffic when appropriate

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REFLECTIVE
CLOTHING



If you have any questions regarding bicycle safety, please feel free to contact the Windsor Heights Fire Department at 515-279-9450.

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

August 29 • 9:00am–12:00pm • 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 9:00am–12:00pm.

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 9:00a.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.

For more information, please contact: Darren Fife, Walnut Creek Watershed Coalition at 515-250-6695 or email whwaterquality@gmail.com.

RAD

The Windsor Heights Police Department is currently gathering contact information for area residents who may be interested in participating in a women's education and self-defense course called Rape Aggression Defense (R.A.D.). Dates of the course have tentatively been set for Monday and Wednesday evenings in October (19, 21, 26, 28 from 6:00–9:30pm) at the Windsor Heights Community and Event Center. Class size will be limited to twenty students and attendance at all classes is recommended to complete the program successfully. There will be a one-time registration fee of \$25 due prior to the first class along with pre-event paperwork and waivers. Returning students are welcome at no charge.

The RAD program for women's basic self-defense is the largest nationally recognized women's self-defense organization in the world (www.rad-systems.com). Classes encompass twelve hours of education and awareness topics mixed in with hands-on, active self-defense techniques and strategies. The final class in the series is a compilation of the material presented where three separate, active simulation scenarios are given to students to apply what they have learned in the classroom.

SAFE, SMART AND FREE TIRE DISPOSAL

Saturday, September 26 • 7:00am–12:00pm

Colby Park, 6900 School Street, Windsor Heights

If the answer is convenience or cost, then we have an event that you won't want to miss. You already know the tires are in your way, but they can also cause you and your family serious health risks due to disease carrying pests and fires. Let Windsor Heights, along with Metro Waste Authority, help you dispose of old tires legally and free of charge. Each household can drop off a maximum of five tires with the rims removed. In special situations where a household may have more than five tires, please contact Metro Waste Authority to be considered for an exemption.

This program does NOT accept the following types of tires at the collection site: tire generated businesses; farm or tractor tires; solid tires (lawnmower, forklift or golf cart tires; bicycle tires

HAZARDOUS WASTE DROP OFF

Saturday, September 26 • 8:00am–12:00pm

Windsor Heights Colby Park, 6900 School Street.

Contact: Ask Metro Waste (ask@mwatoday.com)

Metro Waste Authority and western suburbs partner every year to help residents get rid of unused hazardous products in a safe, smart way. See Metro Waste Authority's website for the list of accepted items: www.mwatoday.com/calendar/special-collections/wh-hazwaste-drop-off-D09262015.aspx

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 until 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, spoons and ice cream.

To volunteer to host or for more information, call: Laura DeBartolo Tow at 515-975-0228 or ttow95@msn.com or Sandy O'Brien at 515-279-8942.

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Joey Edelstein spent six months putting this street buggy back together.

The buggy

Edelstein brings street buggy back from the dead

By Lisa Verhey-Budding

After digging into his bag of tricks — no, make that car parts — Joey Edelstein, 28, of Windsor Heights, eventually pulled a buggy out of his hat, aka: garage. Homemade is best, right? Edelstein decided to find out for himself by building a unique-looking street buggy.

"I am not the original creator, but I brought it back from the dead," Edelstein says. "When I purchased it, it was just a frame without a motor and five boxes of parts. With the help from a few good friends, we put things back together in about six months."

Edelstein says he purchased the buggy in early 2015. He has enjoyed the last six months of putting things together and making it the vehicle you see today.

"The vehicle was created to be like an Ariel Atom, an open frame super-car," he says.

According to Edelstein, his street buggy runs on a Supercharged Honda B16 motor. In July, he received a trophy at The Meat car show at the Ridgemont in Windsor Heights.

"I won 'Best Modified' at the Ridgemont meet, and the previous weekend I won 'Best of Show' at

another local car meet," he says.

Edelstein says he has had several other rare and exotic vehicles before the buggy and has been going to car shows for many years.

"I usually have something new every year, but I think 'the buggy' is sticking around for a while as it is something no one else has," he says. "I have yet to come up with a more clever name. We usually call it 'the buggy,' but when trying to describe it to anyone who hasn't seen it, we usually say it's pretty much a 'street-legal go-kart.' "

Edelstein became interested in cars at a very young age, and says that the "Fast and Furious" movie series sparked his, and all of his friend's, love for cars even further.

"I have already owned my dream car, an Acura NSX, and just love having new and exciting vehicles," he says.

Edelstein says his favorite memory so far with "the buggy," was the first drive.

"After spending over six months trying to put this thing together, and we finally had it street-worthy, that first drive was oh so sweet," he says. "I love to drive it anywhere. It is just a fun vehicle to drive, and it always draws attention." ■

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?"

Meet Kait Kandray

AmeriCorps brings teacher to classroom

By Rainey Cook

Once Drake student Kait Kandray received her undergraduate degree, she had momentum to go and do big things.

First she participated in a graduate program for one year. Then she moved to Korea to teach English. As a full-time teacher to middle school girls, the education she was providing was invaluable to her classroom. The education she was receiving while in Korea teaching and traveling was just as invaluable to her. Once she returned to the United States she became involved with AmeriCorps where she became one of the 75,000 Americans to serve their communities.

Placed at Windsor Elementary for the past year, Kandray taught small groups in math and reading.

"And now this fall I have my own fourth-grade classroom at Greenwood," Kandray says. "Although I will be very sad to leave Windsor, at the same time I am looking forward to having my own classroom."

An AmeriCorps member for more than a year, Kandray has really enjoyed this unique experience.

"AmeriCorps is so big, and you can do so much to serve a community," Kandray continues. "I'm so glad Windsor was my place to serve. It's a great community here."

Kandray continued teaching math and reading at Windsor over the summer. Divided into three three-week sessions, she was still at school all day with hour increments



Kait Kandray has spent more than a year as an AmeriCorps member. Photos by Rainey Cook.

teaching math and reading.

What she enjoys most about her elementary-aged students is their honesty.

"You can tell they are being themselves by their honest answers. They are authentic, and they still love school," Kandray says.

The summer reading program was titled "Passports of the world." Once she and her reading students would finish a book about a country, they'd add a stamp to their passports.

Summer math included fact fluency, math games, multiplication war and simple logic games.

"It's a great way to support the students in retaining what they learned last year, Kandray says. "And it's fun."

When not teaching, Kandray likes to read. Although she hasn't had much time to travel since she returned from Korea, she still likes to when time allows. ■

What do you like best about your teacher?



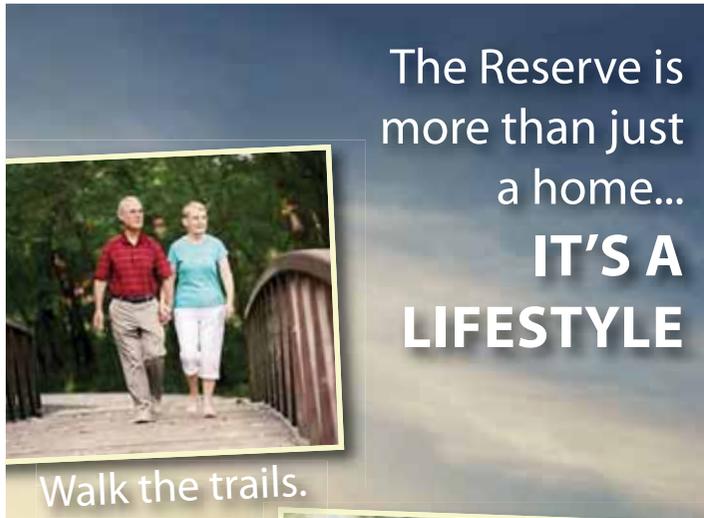
Alliyson Carr: "She is nice. We read together."



Alston Carr: "Because I get to do math, and I get to read a lot about countries."



Yonathan Mejia: "She's funny. She helps me with math."



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SENIOR LIVING |

Transitioning into retirement

Set your goals and make a financial plan

By Susan Ray, executive director, The Reserve



Most people work the majority of their adult lives. The money that is earned enables us to have our basic needs met and then some. At a certain point during your working life, you look beyond the basics and are able to start saving some of your paycheck. You also start to build a professional team to assist in guiding and directing you. The team may include a financial advisor, banker, an attorney and your partner, if you have one. Together, you develop a plan and eventually a “financial plan” for retirement. This all is a process which is gradual and happens over time.

Beyond your professional team, there are also a number of resources you can explore on your own through reading. Do your homework. Become familiar with options. Everyone in the industry has an opinion. You'll need to apply some personal strategy to make your financial plan what you need and want it to provide.

When it's time to retire, replacing your work paycheck with a retirement income isn't as simple as it sounds. Creating a plan can help ensure your money will last through all your retirement years. During retirement there is a shift from saving money to managing income from what you saved. This is when your plan becomes vitally important. Having had a personal strategy and knowing your needs will have helped you prepare.

Personal strategy may include paying off personal debt. Carrying

debt into retirement adds a whole different consideration when making your plan. The plan would also include how to best convert your savings into an income. Investigating your options here is critical and is something your financial planner can provide direction.

Where to begin making the plan? First, evaluate what your retirement goals are. How do you envision life during retirement? In a previous article, we explored continuing to work on a part-time basis or in a completely different field which might be less stressful but something you're passionate about. Of course there is always the option of not working at all. Perhaps your goal is to travel or go on a mission trip. Once your goals have been evaluated, your professional team can begin to assist you in what you'll need in savings to reach these goals.

No matter when you begin the process of preparing a financial plan for retirement, be involved, review regularly with your professional team, and stay focused. ■

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

NEWS BRIEF |



From left: Nick Johnson of Ames Ford Lincoln, Roger McGhee, Tatiana McGhee, Shannon Bardole from the United Way and Cari McPartland from the Salvation Army.

Wheels to Work helps those in need

When their family's car broke down last October, Roger and Tatiana McGhee knew that if they didn't find a way for Roger to get to work, everything their family had built was in danger of disappearing.

"We were just really worried about how it was going to work out," Roger says. "I work over a half-hour away, so if I can't make it to work, I lose the job, we lose the apartment, you lose everything."

Roger, who works at AgReliant Genetics in Ogden, found a co-worker who could give him a ride, but still faced the question of getting his three kids to school and buying groceries. One of their sons has behavioral disorders and needs to make it to frequent doctors and counseling appointments.

"Lately, since our car went down, it's been hard to get him to a lot of those appointments," Roger says.

The family moved to Ames in late 2011 from Corpus Christi, Texas, because the job opportunities were better.

"Over the last 3.5 years or so, we've gotten to where we are now, so to know that that was in jeopardy, it was really scary," Roger says.

The McGhees recently received a car through the Ames Ford Lincoln Wheels to Work program. The timing couldn't have been better — Roger's co-worker was moving that weekend, and he no longer had a ride to work.

With Wheels for Work, Ames Ford fixes up older vehicles and donates them to people who need transportation. The United Way works with local human services agencies to find candidates for the vehicles.

"It truly is life-changing for some folks to have transportation to be able to take their kids to school and pick them up," says Nick Johnson, Owner of Ames Ford. "And take them out for ice cream, it's just some of the smaller things that we take for granted that if you don't have transportation, it can really change your life."

Johnson estimates they've given away roughly 50 vehicles through a similar program at their dealership in Fort Dodge. This is the first car they've given away in Ames, and they are already fixing up two more donated cars to give away next.

The McGhees' car trouble started when their old Cadillac Deville went out in November 2013. The estimated cost to fix the motor was more than \$6,000, so they took it to a junkyard and used the money to buy a used car.

"It probably ran for almost a week before the third gear went out," Roger says.

Tatiana's eyes teared up as she talked about the help she and her family has received from friends and neighbors in recent months. She says their family has been blessed with good friends and neighbors who have helped take their three kids, ages 10, 9 and 8, to school and to errands around town.

"It's an answer to our prayers," she says, wiping a tear from her eye. After all the paperwork was signed, Johnson handed Roger the keys and the couple walked out to their "new" 2002 Mercury Sable, christening it by placing a bottle of coke Roger had been drinking into one of the cupholders.

"Now we get to go grocery shopping," Tatiana said before they climbed in. ■

WHERE WE LIVE |



Jim and Sharon McDonald have been adding modern touches to their 1955 Colby brick home since 2003. Photos by Rainey Cook.

Mixing modern with aged

Couple adds handsome upgrades to '55 home

By Rainey Cook

Most Windsor Heights residents are familiar with Colby brick homes, and a large number of residents live in such a home. However, few can say they live in the home that Charles Colby built himself. It's true — the residence at 1810 74th St. is the house that homebuilder Charles Colby constructed for his own family.

A large brick ranch, it reveals many characteristics that most Colby brick homes do — original hardwood flooring, bedrooms on one side of the home while the living rooms and kitchen monopolize the other side and finished walk-out basements with green space in the back.

Jim and Sharon McDonald have made this residence their home since 2003. This Colby Brick is now handsomely finished with many noticeable modern upgrades.

Two of the bathrooms came with the familiar thick tile. The rose-colored tile was not approved to stay. The chocolate-colored tile remains with granite his/her sinks and a clean coat of paint.

The kitchen was once 1955-small. Removing a wall opened it up to the dining room. Now the cherry cupboards, stainless steel appliances

and tile reveal the modern look they anticipated.

The living room fireplace was also remodeled. A new gas fireplace is surrounded by a fresh mantel that matches the adjacent kitchen. A bit of an antique collector, Jim is known to bring old pieces from other older homes they've lived in. To keep with that hobby, the couple framed an aged stained glass window which is now above the new mantel.

They chuckle as they remember deciding to get rid of a planter that was a permanent piece next to the fireplace.

"It was a huge planter," Sharon says. "Like one that you would plant lots of spring flowers in and put outside."

Their summer landscaping in the front includes the many hostas they have accumulated since they've been here. Some are from an old house in Beaverville they used to own, some are purchased from someone who sells rare hostas and others are from friends. Once professionally landscaped, old and new became theirs.

"We like that this house is a ranch with a walk-out basement," Jim says. "And we like that the neighborhood is established and quiet." ■

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.



Carlos Colin and his 1993 Mazda RX7 at "The Meat" at The Ridgemont on July 25.

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To suggest a garage, call Darren Tromblay at 953-4822, ext 304 or email darren@dmcityview.com



You Can't Control the World, but You Can Control Your Decisions

Sometimes the market reacts poorly to world events, but just because the market reacts doesn't mean you should. Still, if current events are making you feel uncertain about your finances, you should schedule a personal financial review. That way, you can make sure you're in control of where you want to go and how you get there.

Call or visit your local financial advisor today.



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MAKING SENSE OF INVESTING

Should you make investment moves based on a strong dollar?

Currently, the U.S. dollar is pumped-up and powerful. What does a strong dollar mean to you, as an investor?

To begin with, it's important to understand just what is meant by a "strong" dollar. From a global perspective, it is determined by its changing strength relative to that of other currencies. Let's look at an example: Suppose that, in 2011, you traveled to Europe and wanted to trade in one dollar for its equivalent value in euros. At that time, your dollar would have converted to about .75 of a euro. Fast forward to early 2015; if you returned to Europe now, your dollar would fetch you almost one full euro.

It's not always easy to determine what's behind foreign exchange rates, which can fluctuate even more than the stock market. The recent surge in the dollar seems to be due to its obvious connection to the American economy, which has been growing faster than many other economies around the world.

The dollar's strength may be having an impact on your investments. A strengthening dollar typically lowers returns from international investments because you get fewer dollars in exchange for the value in euros or other foreign currencies. Some U.S. companies with a global presence may face challenges due to lower earnings from their international operations.

These results might lead you to think that a strong dollar would be bad news for the stock market, but that hasn't been the



case in the past. At different times, the markets have performed well with both a strong and a weak dollar.

A strong dollar can help foreign companies compete and may give them an earnings boost from their U.S. sales. Also, the stronger dollar can help make foreign investments "cheaper." By taking advantage of the stronger dollar and investing an appropriate amount internationally, gaining exposure to different economies and markets, you can help diversify your holdings. Although diversification can't guarantee a profit or always protect against loss, it can help reduce the impact of volatility on your portfolio.

The strong dollar may have attracted your attention, but don't be distracted by it and don't overreact. Currency exchange rates can fluctuate rapidly, and no one can predict how long a strong dollar environment will last. By sticking with a solid, long-term investment strategy, you can help keep up the "strength" of your own dollars. ■

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

Six things to do after hitting a deer

Make sure you have the right kind of insurance

By Matt Cale, State Farm agent

It happens. Even if you're vigilant about avoiding animal collisions, the risk of hitting a deer with your vehicle heightens in the late fall and early winter. It is estimated that between July 1, 2011 and June 30, 2012 there were 1.23 million auto-deer collisions in the United States.

These accidents can be costly for drivers; the average auto-deer collision can cost the driver \$3,300 in auto repairs.

So if an auto-deer collision occurs, here's what to do:

- **Move your vehicle to a safe place.** If possible, pull over to the side of the road and turn on your hazard lights. If you must leave your vehicle, stay off the road and out of the way of any oncoming vehicles. Deer are most active at dusk and dawn — times when you and your vehicle may be less visible to other motorists.

- **Call the police.** Alert authorities if the deer is blocking traffic and creating a threat for other drivers. If the collision results in injury or property damage, you may need to fill out an official report. This report also can prove useful when filing your insurance claim.

- **Document the incident.** Take photographs of the roadway, your surroundings, damage to your vehicle and any injuries you or your passengers sustained. (Take plenty of photos: This may help make your claim easier to process.) If witnesses stop, take down their account of what occurred and ask for their



contact information.

- **Stay away from the animal.** A frightened, wounded deer could use its powerful legs and sharp hooves to harm you.

- **Contact your insurance agent.** The sooner you report damage or injuries, the sooner your agent can file and process your claim the sooner your car can be repaired and you can get back out on the road.

- **Don't assume your vehicle is safe to drive.** Double-check that your car is drivable after colliding with a deer. Look for leaking fluid, loose parts, tire damage, broken lights, a hood that won't latch or other safety hazards. If your vehicle seems unsafe in any way, call for a tow — depending on your insurance policy, this may be covered under the claim.

Before a collision occurs, make sure you're protected with the right type of insurance. Damages from auto-deer accidents typically are covered under comprehensive insurance, not collision. ■

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



Joey Edelstein in his homemade buggy, winner of Best Modified at "The Meat" at The Ridgmont on July 25.



Logan Brook and his 1992 Mazda Miata at "The Meat" at The Ridgmont on July 25.



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A peach of a pie recipe



Cookie dough crust pairs perfectly with fruit

By **Marchelle Walter Brown**

We recently vacationed in northeast Georgia and we were there during prime peach season. I like peaches but let me tell you, when I had my first fresh Georgia peach I thought I'd died and gone to heaven. As we were preparing to start back to Iowa, I told my husband that I wanted to get some peaches to take home. Knowing that we weren't taking the most direct route home, and would be on the road several days, I had to decide whether to just buy a few to eat; buy a bag and hope they were good when we arrived; or take a huge chance and buy a lug to freeze or can. I opted for the middle ground, bought a sackful and we headed north. At every stop I toted the sack of peaches from our air conditioned vehicle into air conditioned accommodations and, when we arrived home five days later, I was thrilled to find all of my peaches in perfect condition. I wanted to just eat two or three every day until they were gone. But knowing how much he and my in-laws love peach pie, I ate a couple and then, using my mom's recipe for strawberry pie, I switched a couple of ingredients and made the best peach pie I've ever had.

Rather than using ordinary pie crust, I made a "cookie dough" crust from a recipe my mother-in-law shared with me. What makes it so fool-proof is that you don't even have to roll it out. Simply mix the crust ingredients together, dump it in a pie pan, pat it out and up the sides of the pan and bake it. And it pairs perfectly with any sweet fresh fruit pie. ■

Fresh peach pie

Rosie's cookie dough pie crust

1-1/2 cups flour
1/2 teaspoon sugar
1/2 teaspoon salt
1/2 cup canola oil
2 tablespoons milk
Mix all ingredients together. Dump and press by hand on the bottom and up the sides of a 9" pie pan. Bake at 425 degrees for 12-14 minutes.

Hilda's fresh peach pie

1-1/2 cups sugar
2 tablespoons flour
3 tablespoons cornstarch
1/4 teaspoons salt
1-1/2 cups water
1 small package peach Jell-o

4-5 cups fresh peaches, peeled and sliced (Don't slice too thin)

Directions

1. In a medium sauce pan, whisk sugar, flour, cornstarch and salt together.
2. Stir in water and cook over medium heat, stirring frequently, until it comes to a boil. Continue cooking, stirring constantly until thick. Stir in Jell-o and continue to cook until smooth.
3. Remove from heat and let cool to room temperature, then gently stir in the peaches. Pour mixture into the cooled cookie dough pie shell and refrigerate until set. Serve with whipped topping.

Pinit!



OUT AND ABOUT |



The Windsor Heights Fire Department gets ready to demonstrate the Jaws of Life at the Windsor Height's Night Out on Aug. 4.



Iowa National Guard Units help with the Climb and Dangle at the Windsor Height's Night Out on Aug. 4.



Grayson Clute at the Windsor Height's Night Out on Aug. 4.



Assistant Fire Chief Matt Klein and Tara Klein at the Windsor Height's Night Out on Aug. 4.



Windsor Heights police officers Derek Meyers, Dennis McDaniel and Trace Kendig at the Windsor Height's Night Out on Aug. 4.



Polk County Sheriff's Department at the Windsor Height's Night Out on Aug. 4.



Francisco Hill and Luke Donahue at the Windsor Height's Night Out on Aug. 4.



Boarding the train at the Windsor Height's Night Out on Aug. 4.



Tim and Laura Davis with the Red Demon, a 2009 Dodge Challenger RT, at "The Meat" at The Ridgemont on July 25.



Nick Leonetti with his 1989 Toyota Supra at "The Meat" at The Ridgemont on July 25,



"Jay Dog" with his Integra Type R at "The Meat" at The Ridgemont on July 25.



Katie Wadzinski with her 1988 Chevy S-10, winner of Best of Show at "The Meat" at The Ridgemont on July 25.



Shawn Stanford, Dory Stevens, Sean Stevens and Lt. Trace Kendig at "The Meat" at The Ridgmont on July 25.



Karin Ahrold, Elisabeth Jackson, Dory Stevens and John Ahrold with the Arthur A. Gallagher Best of Show trophy at "The Meat" at The Ridgmont on July 25.

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Emerging Professionals

Kick-off event set for Sept. 24 at Quester

By Bailey Davis, co-chair of Emerging Professionals

Are you an emerging professional looking to enhance and grow your personal or business network? If so, please join your fellow Emerging Professionals.

We are bringing together those who want to enhance their business and social connections, give back to the community and have a blast while doing so. Join us on Sept. 24 from 5:30-7:30 p.m. for our kickoff event at Quester, located in the heart of Windsor Heights at 6500 University Ave. No. 101. Quester, a local company with great national clients (www.quester.com), has a competitive advantage by offering clients top-of-the-line market research software, resources and solutions. Quester will kick off the event with an overview of their business to include complimentary drinks and appetizers. Next, there will be an introduction of the Emerging Professionals, followed by a fun networking activity that will focus on future Emerging Professional events. We will finish out the night with a door prize giveaway. What's the giveaway? Come hang with us to find out and enter for your chance to win.



Emerging Professionals want to know your ideas, hot topics, future possible speakers and anything of importance that you want to know more about as an emerging professional. For more information on the Emerging Professionals, how to join, future events, and more, visit us at www.windsorheightschamber.com/emerging-professionals. Feel free to reach out to me at bdavis@bankerstrust.com or Jonathan Koester at jonathank@koesterdevelopment.com if you have additional questions. Don't forget to follow us on Twitter, LinkedIn and Facebook, too. We look forward to seeing you on Sept. 24 at Quester. ■




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