



Windsor Heights Living

october 2015

50324

magazine



A place to BELONG

WINDSOR HEIGHTS ACHIEVEMENT CENTER HELPS CHILDREN WITH DOWN SYNDROME

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OCTOBER 2015
City of Windsor Heights

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www.windsorheights.org



BEGGARS NIGHT

October 30, 2015 6:00–8:00pm

Trick or Treat Safety Tips

- All Children should be accompanied by a responsible adult
- Avoid homemade treats
- Only Trick or Treat well-lit homes
- Costumes should not hinder the vision of the child
- Parents inspect your children's candy
- Adults and children should carry flashlights

OCTOBER FIRE SAFETY TIPS

Daylight savings time is quickly approaching at the end of October. This is also the perfect time to take a look at your smoke alarms. Your ability to get out of your home during a fire or other emergency depends on early warning from smoke alarms and advance planning. Having working smoke alarms is a key part of your home fire escape plan. Smoke alarms should be placed inside and outside each bedroom. Alarms should also be placed on each floor of your home, including basements. Make sure to test your home's smoke alarms monthly by pressing the test button. This is also a good time to replace the battery in your home's smoke alarms. It is recommended that smoke alarms over 10 years old be replaced. Also plan to have two ways out of your home and an outdoor meeting place once outside your home. A good meeting place is something permanent, like a large tree, light pole or mailbox a safe distance from the front of your home. If you have questions or need assistance checking your smoke alarms, please contact the Windsor Heights Fire Department at 515-279-9450.

SELF-DEFENSE COURSE OFFERED FOR WOMEN

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 Tuesday & 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.

Participation in this course does encourage a moderate level of activity; however, women of all ages and abilities are encouraged to attend. The philosophy of RAD instructors is that this program should be easy to learn, easy to retain, and relatively easy to employ during real confrontational situations. Chief McDaniel of the Windsor Heights Police Department, and long-time certified RAD instructor states, "The objective of the basic RAD program is to develop and enhance the options of self-defense so that they may become viable options for a woman who is attacked. We work with our students to educate them on general awareness issues and also strive to create confidence in the application of some basic self-defense techniques."

Interested women, high school age and above, may contact Officer Woods at the Windsor Heights Police Department during normal business hours at (515) 645-6829 or e-mail her at awoods@windsorheights.org with questions.

FALL LEAVES AND STORMWATER

Summer is winding down and the bright, brilliant colors of Fall are beginning to fill our trees and lawns. With turn of the season, leaves begin to fall. Please help keep our stormwater intakes free and clear of leaves and debris as you rake your lawns. Do not rake your leaves into the street as they will eventually end up in the stormwater intakes and the storm sewer, potentially clogging the pipes and causing flooded streets and possible homes. Windsor Heights stormwater flows in underground culverts, open ditches and creeks, and eventually finds its way to the Raccoon River, which is the source of our drinking water. Clean stormwater runoff helps protect aquatic life, and helps make our drinking water cleaner and safer too!

Want to know what is going on in Windsor Heights?
Check out the City of Windsor Heights Facebook page.
We have now added Instagram, follow us!
[City_of_Windsor_Heights](#). Tag us in things happening around the City.



WALNUT CREEK WATERSHED COALITION PLANNING MEETING

Windsor Heights Community Center, November 18, 2015, 6:00pm–8:00pm.
A strategic planning session will be conducted to identify and discuss the 2016 goals for the Walnut Creek Watershed Coalition. The watershed includes the communities of Clive, Windsor Heights, Dallas Center, Des Moines, Grimes, Urbandale, Waukee, and West Des Moines.

The purpose of the watershed group is to focus on water quality, water monitoring, stream and river clean-up, education and a partnership between the grassroots citizen group and various municipalities within the watershed. The watershed group was formed to assist interested citizens and municipalities by promoting local voluntary approaches to watershed management and conservation. The group will be working to form various committees to assist in implementation of each strategy as identified in the planning meeting. Individuals interested in attending should contact whwaterquality@gmail.com.

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

WELCOME |

Empowering individuals

W e sometimes cover some silly topics in this magazine — at least ones that certainly are not life-or-death issues. Just this year, our cover stories have ranged from what local residents collect, to what they grow in their gardens, to the pets they bring to work. Then, every once in a while, we tackle a serious issue and provide kudos to people or organizations that are truly making a difference in the lives of local residents. This month is one of those extraordinary examples.



As I read our cover story, I couldn't help but be emotionally touched by the comfort that is provided by the helping hands and caring words from the staff at Gigi's Playhouse, a Down Syndrome achievement center for children and adults of all ages. The center provides educational and therapeutic programs at no charge to maximize self-confidence and empower individuals to achieve their greatest potential. And it seems

to be working wonders for most everyone involved.

One can only imagine the range of emotions that parents must feel when learning that their child has this genetic disorder. Those interviewed in this story came to understand that this was a blessing, and that the experience changed their lives in positive ways they never imagined.

Nearly all of us know or have met someone with Down Syndrome, although many of us have likely not had up close and personal experiences. While in college, I took a class on human growth and development. The professor had a 5-year-old daughter named Susan with Down Syndrome, and she brought her into the classroom. If we were being honest, we would have admitted that it was uncomfortable and awkward at first. But it turned out to be a wonderful learning experience for everyone. Susan was bright and engaging, beautiful inside and out. She made us all laugh and smile and think and cry. We just wanted to give her a hug. And that's exactly what our professor had in mind. She wanted us to experience what she experiences — the love of a child. She made it clear to us that the entire scenario was emotionally consuming for her and her husband, but that she wouldn't trade that wonderful girl or the experiences for anything. I am convinced that those 90 minutes in that lecture hall helped empower Susan in a small way. But maybe more importantly, we learned how a young girl challenged with Down Syndrome could empower so many of us, too. This continues today in places like Gigi's Playhouse, and we are pleased to share this story.

Thanks for reading. ■

Shane Goodman
Publisher



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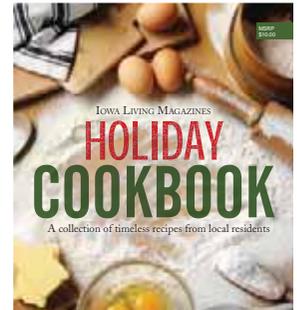


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A place to BELONG

WINDSOR HEIGHTS ACHIEVEMENT CENTER HELPS CHILDREN WITH DOWN SYNDROME

By Courtney Keiser

When Windsor Heights residents Johnathan and Jennifer Dorfberger walked into Gigi's Playhouse two months before their daughter Rina's birth, they were met with smiling faces and endless enthusiasm. The staff reaffirmed what the couple already knew — that their second child would change their lives for the better.

Gigi's Playhouse is a Down Syndrome achievement center for children and adults of all ages. The center provides educational and therapeutic programs at no charge to maximize self-confidence and empower individuals to achieve their greatest potential.

The organization recently moved to Windsor Heights. Now in its sixth year in the Des Moines metro, Gigi's has grown from initially serving about 200 families to assisting 425 families today.

"Our first visit to the playhouse was the most incredible experience. When we had previously told people about the diagnosis, we were met with sadness and, 'Oh, I'm so sorry.' When we told the staff at Gigi's, they instantly said, 'Congratulations.' It reminded us that our child was a blessing, not a burden," Johnathan explains.

Although Rina is just a newborn, the Dorfbergers are determined to educate themselves as much as possible. Jennifer is a teacher for the Des Moines Public Schools, and she looks forward to calling on Gigi's tutoring and physical therapy resources when the time comes.



Shayna, Jonathon, baby Rina and Jennifer Dorfberger at Gigi's Playhouse. Photo by Dan Hodges.

FEATURE |

The couple also has a 3-year-old daughter, Shayna, and plans to utilize Gigi's sibling program. When the family attended the recent open house at the facility, Johnathan and Jennifer watched in awe as Shayna played with other kids.

"She saw the play area and went running and climbing right away. We will do anything we need to have Shayna successfully interact with Rina when the time comes," Johnathan says. "We've been lucky to talk with other families to help us acclimate and know what to expect."

The Dorfbergers live just a stone's throw away from Gigi's Playhouse. When the organization moved to its new location on University Avenue, they curiously watched as the signs went up, not knowing the important role the facility would soon play in their lives.

The couple is extremely grateful that resources like Gigi's exist to provide a softer landing for parents dealing with the emotions and uncertainty of an unforeseen Down



Matt and Megan Christofferson want children with Down Syndrome to have a voice and the tools to succeed. Six years ago, Megan founded GiGi's Playhouse Des Moines and is currently raising two boys with Down Syndrome. Pictured left to right: Mae, Matt, Griffin, Bo, Megan, Carsten, Gabe and Elle Christofferson. Photo courtesy of Megan Christofferson.

Syndrome diagnosis.

"We just know that Rina will have a wonderful life, and she is an amazing part of our family," Jennifer says. "Most of all, we want her to be happy."

Hold him high

Megan Christofferson didn't know

that her second son, Carsten, would have Down Syndrome — despite prenatal screening tests and ultrasounds.

"They didn't come in to tell us that they suspected he had Downs until 10 hours after he was born. I come from a proud German family and was afraid to tell my dad. When

I called him, it was the first time I've ever heard him cry," Christofferson explains.

They hung up, and within 30 seconds the phone rang again. It was her father.

"He said that we were going to hold Carsten up high for the entire world to see," she recalls. "That was exactly what I needed to hear in that moment."

Christofferson and her husband, Matt, had biological son, Gabe, before Carsten, but have since had biological son, Griffin, and have adopted three more children from China named Bo, Elle and Mae. Bo also has Down Syndrome. This month, the Christoffersons will add two more adopted children to the family.

"Carsten has changed our lives in so many positive ways. Across the globe, kids have been abandoned because their parents don't have the resources. It seemed like an obvious choice for us to adopt," Christofferson says.

Like many, the Christoffersons

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FEATURE |

were in shock and uninformed about Down Syndrome following Carsten's birth. Christofferson wanted Des Moines area children with Down Syndrome to have a voice, and that's why she wanted to bring GiGi's Playhouse to the area.

Six years ago, she founded the Des Moines center and currently serves as president on the board.

"Had anyone told us six years ago that we would have grown to what we are today, we wouldn't have believed it," she says. "We're giving these children everything they need to be the best they can be. We meet them where they are and bridge the gap to where they want to be."

Bo and Carsten take advantage of many of the programs GiGi's offers, but they benefit greatly from the literacy and math tutoring, music therapy and the friends they have made. They love to read, and the boys' school has noticed a vast improvement in both students since tutoring began.

Christofferson wants parents to



Parents listen as Kimberly Donner, speech-language pathologist with Childserve, presented information about eating and drinking challenges for children with Down Syndrome. Photo by Dan Hodges.

experience exactly what she and her husband needed after learning about Carsten — support and the tools to help their child succeed.

"We want to hand these kids the microphone, and we can stand and cheer for them," she says. "I want the world to know how much better this has made us. Although my life has taken a different turn than I expected, it's 100 percent better."

The Windsor Heights community has been nothing but welcoming

and generous to the staff at GiGi's.

"I was viewing the new location, and I saw the postman early that morning," Christofferson recalls. "He waved at me and said hello and I thought, 'Wow, this is just like Mayberry.'"

A little extra

Meghan Kobes' path to motherhood was a tough one — a roller-coaster to say the least. She and her husband, Chris, were thrilled to find out early in their pregnancy that they

were expecting twins.

"Each ultrasound brought more joy as we saw those two hearts beating away," she recalls.

During a routine gender ultrasound at 16 weeks, the doctor came in to deliver what he called "bad news." He told the couple that one of the babies, a girl named Ava, showed soft markers for Down Syndrome. At that moment, Chris and Meghan saw their daughter's life flash before their eyes. It wasn't the diagnosis they feared; it was the unknown that terrified them.

A blood test later confirmed extra chromosomes.

"I wondered if Ava would get married or live independently," Kobes admits.

The second child, a boy named Anderson, didn't have Down Syndrome, and she didn't want people to compare the twins to one another.

The soon-to-be parents quickly told family and friends and were blessed with nothing but strength and support. As a speech patholo-

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FEATURE |

gist, Kobes had a good knowledge base regarding Down Syndrome. She and Chris spent the remaining weeks of her pregnancy preparing and educating themselves.

During this time, a friend told the couple about Gigi's Playhouse.

"Chris and I were joined by a couple of families," Kobes says. "We saw them interacting, just as any other family would, and it was a breath of fresh air. I realized that all I needed to worry about was the here and now, and that there was plenty of time to think about all of the tomorrows."

Kobes joined the Gigi's Playhouse Board of Directors in 2014 and is in her third year of serving on the annual "I Have A Voice" gala committee.

Ava and Anderson are now 2-year-olds. Ava has overcome many obstacles — time in the NICU and 10 surgical procedures, including open heart surgery. Anderson is her biggest cheerleader and motivator.

"After Ava's open heart surgery, she had not opened her



Chris and Meghan Kobes with twins Ava and Anderson. Photo courtesy of Meghan Kobes.

eyes for three days," Kobes says. "My parents brought Anderson up to visit, and she immediately opened her eyes when she heard his voice."

Ava loves Busy Bodies and the LMNOP (Language, Music, N' Our Peeps) programs at Gigi's. When Ava turns 3, she will begin Hop, Skip, and Jumpers. And in the future,

they plan for Ava to receive the literacy and math tutoring.

"We feel so blessed to have Gigi's Playhouse so we can help spread Down Syndrome awareness," Kobes explains. "Now when I think about Ava's future, my worries are eased, and I see opportunity and endless possibilities for my little girl with that little bit of extra."

About Gigi's Playhouse

GiGi's Playhouse Des Moines is one of 25 Down Syndrome Achievement Centers across the U.S. and Mexico. GiGi's offers more than 20 educational, therapeutic and career development programs including literacy tutoring, math tutoring, art, holiday parties, new family groups, parent speakers, busy bodies class, music, language, playhouse pals, kids club, Friday friends and more.

GiGi's Playhouse also offers additional therapeutic and educational programs at various times in the year including yoga, cooking, fitness and many more. A handwriting and keyboarding program is also in the planning stages.

"GiGi's is a place to belong," says Director Jessica Lane. "We love celebrating the arrival of a new baby into the GiGi's family."

"Down Syndrome might not be the path a new parent expected, but it will be so much more than they ever imagined, and at GiGi's Playhouse we love showing our families the way." ■

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The benefit of having a will

Insure that your assets are distributed according to your wishes

By Ross Barnett, attorney, Abendroth and Russell Law Firm

Occasionally, clients believe that they don't need a last will and testament. Reasons for this vary, including the assumption that the person's family knows how assets are to be distributed or the belief that verbal instructions or written lists are sufficient. Without a formal will, however, assets must pass according to statute.

If you die without a will, the probate court appoints an administrator for your estate. The court's choice may not match your choice. The court-appointed administrator will distribute your property according to the state intestacy laws. These laws may differ from your desires.

In Iowa, if you die without a will (intestate), and if you have

no children or children only from your current marriage, your entire estate passes to your surviving spouse. However, if you have children from another marriage, your surviving spouse will receive either one-half of your estate or the first \$50,000, whichever is greater. All of your children will share equally in the remaining portion of your estate. Iowa law gives your surviving spouse the right to select which property will comprise this share, and the share usually includes the principal residence (homestead).

If you have no surviving spouse, your estate will be divided equally among all of your surviving children. While this includes children adopted by you, it does not include stepchildren. If you have no surviving spouse and no children,



the rules of inheritance follow a strict pattern to your parents, then to your siblings (the children of your parents), then to your grandparents and the children of your grandparents. In the absence of surviving family members, your entire estate could revert to the state of Iowa.

These rules assume that you want all of your immediate relatives to share equally in your

estate. You may not want certain relatives to receive shares of your estate. These rules do not account for gifts you may want to make to friends or charities. In a legally executed and properly drafted written document — your last will and testament — you can nominate the representative of your estate and set out a plan for dividing your assets. The major benefit of a will is that it allows you to direct the distribution of your estate according to your wishes, rather than according to statute. ■

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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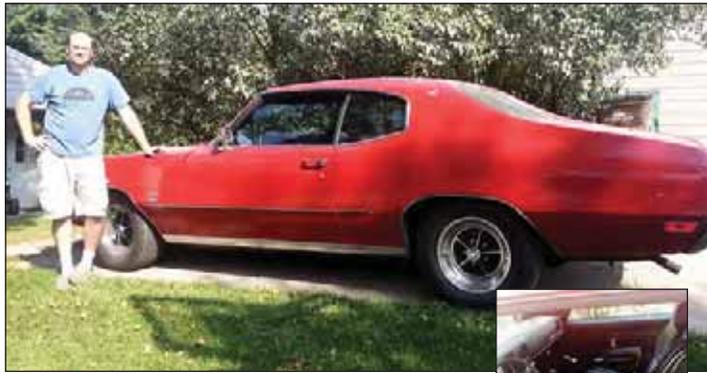
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Andrew Bennink of Windsor Heights with his 1971 Buick GS. Right: A look inside at the original interior of the "Hemi killer." Photos by Lisa Verhey-Budding.



Hemi killer

'71 Buick GS is "a rare find"

By Lisa Verhey-Budding

Andrew Bennink, 49, owns a 1971 Buick GS, 455 four-speed. He says that back in the day, these particular muscle cars were called "Hemi killers."

According to Bennink, the reason for this nickname was due to grudge matches between the Buick GS 455 and Hemis on and off the track. The Buick weighed 700 pounds less than a Hemi, and could easily beat it on an eighth-mile track.

"The Buick was a 13-second car on the track, and came straight out of the factory as a really strong car," Bennink says.

Bennink purchased the car three years ago in all-original condition. The interior is immaculate for being original, and the mileage is low at 71,000 showing on the odometer.

"The car came out of Georgia and had spent some time on the track. I have just been doing mechanical stuff to it to keep it running. I have rebuilt the suspension and have done brake work to it. All in all, it's been a good running car," he says. "Someday I will

get around to painting it, and that should be all it needs."

Bennink says he wanted this car because the Buick GS is a rare find.

"I just had to have it. You can go to car shows and see all kinds of Chevelles and GTOs, but you're lucky if you see one or two of the '71 Buick GS," he says. "I didn't want something everybody else has. I wanted something different."

Bennink has been a painter at Karl's Chevrolet for 20 years, and knows a thing or two about the value of a car. He says he was quite happy when the price he offered the guy he bought it from was accepted. But then he had to go home and tell his wife, Laurie, that he bought the car.

"Well, I didn't bother telling my wife about it because I offered a price that was a lot lower than the car is worth. So I didn't even think I was going to get it. I felt there was no reason to rattle that cage. But then I did get it. And, yeah, had to break the news to her," he says. "Luckily, I have a nice wife that tolerates my car hobby."

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

Meet Erin Willoughby

Teacher uses art to encourage students to think

By Rainey Cook

Like many high school graduates who like to see what is outside of Iowa, Erin Willoughby was no different. Having lived in Oregon and Colorado, this Valley High School graduate enjoyed what each state had to offer until she decided to make her way back home — like many of us do.

Willoughby is in her seventh year of teaching and in her second year teaching fourth grade at Hillside Elementary.

"I love Hillside because of its artful learning module," Willoughby says. "And the visual appeal is incredible."

The recognizable artful learning module takes on art as engaging and has students getting out of their desks, moving and using all their senses. It teaches students to reflect more deeply and ask questions they perhaps wouldn't have normally even thought of should they be sitting in an art lecture.

Nine- and 10-year-olds are just as intriguing to her.

"What I like about fourth-graders is that they are starting to have an independent mind, yet... not," Willoughby says. "It's a happy medium, and they still like their teachers."

This fourth-grade class has a few fall field trips planned already. Their adventures include Living History Farms, Neil Smith Prairie, Des Moines Art Center and the Pappajohn Sculpture Park.

Beyond art in the classroom and art around the city, Willoughby



Erin Willoughby teaches fourth grade at Hillside Elementary. Photos by Rainey Cook.

focuses on a few other things as well.

"I'd like them to leave my classroom a good person," she explains. "Their character (of Des Moines' six pillars of character) is a very important social part."

Students have to learn how to interact with each other in the classroom first. Much follows after that. If they can get along socially, it's easier for them to form successful team work settings.

Willoughby also focuses on literacy and writing. Their literacy block, 1-3 p.m., is a big portion of their day.

Much is covered in fourth grade. Willoughby's classroom is full of facts, words and posters and has energy to it that young minds can relate to.

When not teaching and enjoying the art part of life you can find Willoughby doing anything outdoors, spending time with family and, of course, reading. She is also currently studying at Drake for her administrator's license. ■

Q: What do you like best about Mrs. Willoughby?



Jordan Moranville:
"She's fun to have in the classroom, and we can do fun things."



Mirarri Murray:
"She's really fun to be the teacher, and she's the best teacher ever."



Deng Lu:
"Mrs. Willoughby gives us really fun activities to work on."

CALENDAR |

Thursday Oct. 15

- DCHS Football: 9th vs. DM Roosevelt, 5 p.m. @ DCHS
- Annual Fall Rummage, Luncheon and Bake Sale, Lunch and home baked goods will also be available. 9 a.m. - 6:30 p.m., Windsor United Methodist Church 6222 University Ave.
- RHS Cross Country: Girls/Boys Varsity Invite, 4 p.m. @ Ewing Park
- RHS Cross Country: Girls Boys/JV Invite, 4:30 p.m. @ Ewing Park
- RHS Football: 10th vs. Dowling, 5 p.m. @ DCHS
- RHS Swimming: Girls Varsity Invite, 5 p.m. @ SEP
- DCHS Cross Country: Girls/Boys 9th Invite, 2/2:30 p.m. @ ISU
- DCHS Cross Country: Girls/Boys JV Invite, 3/3:30 p.m. @ ISU
- DCHS Cross Country: Girls/Boys Varsity Invite, 4/4:30 p.m. @ ISU

Friday Oct. 16

- Lego Fridays, all day, Franklin Avenue Library
- Annual Fall Rummage, Luncheon and Bake Sale, Lunch and home baked goods will also be available,, 9 a.m. - 3 p.m., Windsor United Methodist Church 6222 University Ave.
- Wags 'n Whiskers Silent Auction, Tickets, \$40, can be purchased online, stitchnframeonline.com, at either of our shelters, or at 9 Lives Boutique & Thrift Store. RSVP to the event on Facebook to keep up to date on further ticket sales and prize information. 7-9:30 p.m., Windsor Heights Community Center 6900 School St.
- RHS Football: 9/V vs. Dowling, 5/7:30 p.m. @ Drake Stadium
- DCHS Football: 9/V vs. DM

Roosevelt, 5/7:30 p.m. @ Drake Stadium

Saturday Oct. 17

- Visit the Art Cart, 10 a.m.-4 p.m., Franklin Avenue Library
- Free Advice for Your Device, 10 a.m. - 12 p.m., Franklin Avenue Library
- Furry Tales with Scout, 11 a.m. - noon, Franklin Avenue Library
- DCHS Volleyball: 9th Invite, 8:30 a.m. @ Lincoln
- DCHS Volleyball: JV/V Invite, 8:30 a.m. @ Johnston

Monday Oct. 19

- City Council Meeting, 6 p.m., City Hall
- Preschool Storytime, Children ages 3-5 can come and enjoy stories, rhymes, songs, and more, followed by a craft. 10:15-10:45 a.m., Franklin Avenue Library
- RHS Football: 8A/B vs. DM Lincoln, 5/7 p.m. @ DM East
- DCHS Swimming: Girls JV Invite, 3 p.m. @ Summit MS
- DCHS Football: 9th vs. PCM, 6 p.m. @ PCMH

Tuesday Oct. 20

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers, 4 p.m., Franklin Avenue Library
- City Council Candidate Forum, Join us as we present a moderated candidate forum to hear issues of concern to the citizens and businesses

of Windsor Heights. 5:30-7:30 p.m., Colby Park Community & Events Center

- 75th Committee Meeting, 5:30-6:30 p.m., City Hall
- RHS Volleyball: 9/10/JV/V vs. Ottumwa, 4:45/6/7:30 p.m. @ Evans MS
- DCHS Swimming: Girls Varsity Diving Invite, 5 p.m. @ Summit MS

Wednesday Oct. 21

- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- RHS Swimming: Girls Varsity Diving Event, 4:30 p.m. @ Lincoln

Thursday Oct. 22

- RHS Swimming: Girls JV/V Meet, 4:30 p.m. @ Lincoln
- DCHS Swimming: Girls Varsity Invite, 5 p.m. @ Fort Dodge
- DCHS Volleyball: Varsity Tournament, 5 p.m. @ Ames

Friday Oct. 23

- Lego Fridays, all day, Franklin Avenue Library
- RHS Football: 9/V vs. Lewis Central, 4:45/7:30 p.m. @ LCHS
- DCHS Football: 10/V vs. DM North, 4:45/7:30 p.m. @ Valley Stadium

Saturday Oct. 24

- "Junie B. Jones, The Musical" Sneak Preview, 10:30-11 a.m., Franklin Avenue Library

Monday Oct. 26

- Preschool Storytime, Children ages 3-5 can come and enjoy stories, rhymes, songs, and more, followed by a craft. 10:15-10:45 a.m., Franklin Avenue Library

Tuesday Oct. 27

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers, 4 p.m., Franklin Avenue Library

Wednesday Oct. 28

- 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
- Furry Tales with Scout, 2-3 p.m., Franklin Avenue Library

Thursday Oct. 29

- RHS Volleyball: Varsity Regional Tournament, 7 p.m. @ JHS
- DCHS Wrestling: 7/8 Match, 4:30/7 p.m. @ DCHS
- DCHS Volleyball: Varsity Regional Tournament, 7 p.m. DCHS

Friday Oct. 30

- Lego Fridays, all day, Franklin Avenue Library

“Windsor Heights is a beautiful and illustrious community with a deep and rich history. The commitment of livability is a key part of my campaign.”



Zac Bales-Henry

Windsor Heights City Council

Vote Nov. 3rd

*Paid for by Zac Bales-Henry for Windsor Heights city council.

CALENDAR |

Saturday Oct. 31

- DIY Halloween Craft, 10 a.m. - 2 p.m., Franklin Avenue Library
- Halloween

Monday Nov. 2

- City Council Meeting, 6 p.m., City Hall
- Preschool Storytime, Children ages 3-5 can come and enjoy stories, rhymes, songs, and more, followed by a craft. 10:15-10:45 a.m., Franklin Avenue Library
- Franklin Afternoon Book Discussion, "Evergreen" by Rebecca Rasmussen. 1-2 p.m., Franklin Avenue Library
- VolunTeens. Applications must be turned in and approved before attending this program. 4-5 p.m., Franklin Avenue Library

Tuesday Nov. 3

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers, 4 p.m., Franklin Avenue Library

Wednesday Nov. 4

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

Friday Nov. 6

- Lego Fridays, all day, Franklin Avenue Library

Saturday Nov. 7

- Minecraft Party, Take a break from playing Minecraft to come to the library for crafts, games, activities, and treats all about your favorite game. 2-3 p.m., Franklin Public Library

Monday Nov. 9

- 10/60 Meeting, Residents are encouraged to attend. They will have 60 minutes to ask the mayor and administrator any 10 questions they want. 5:15 p.m., Windsor Heights

Community and Events Center

- Preschool Storytime, Children ages 3-5 can come and enjoy stories, rhymes, songs, and more, followed by a craft. 10:15-10:45 a.m., Franklin Avenue Library
- VolunTeens. Applications must be turned in and approved before attending this program. 4-5 p.m., Franklin Avenue Library
- DCHS Wrestling: 7/8 Match, 4:30 p.m. @ Northview

Tuesday Nov. 10

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers, 4 p.m., Franklin Avenue Library
- 75th Committee Meeting, 5:30-6:30 p.m., City Hall
- Free Advice for Your Device, 12:30-2:30 p.m., Franklin Avenue Library
- Theodore Roosevelt - Rough Rider President, Darrel Draper portrays Theodore Roosevelt in a 45-minute, costumed re-enactment of Roosevelt on the campaign trail in his bid for the presidency as the 1912 Progressive Bull Moose Party candidate. 6:30-7:30 p.m., Franklin Avenue Library
- Franklin Evening Book Discussion, "Life After Life" by Kate Atkinson. 6:30-7:45 p.m., Franklin Avenue Library

Tuesday Nov. 11

- Veterans Day

Friday Nov. 13

- Lego Fridays, all day, Franklin Avenue Library

Saturday Nov. 14

- Visit the Art Cart. Bring your imagination and creativity and make something amazing! 10 a.m. - 4 p.m., Franklin Avenue Library
- Furry Tales with Scout, 11 a.m. - noon, Franklin Avenue Library

Monday Nov. 16

- City Council, 6 p.m., City Hall
- Preschool Storytime, Children ages 3-5 can come and enjoy stories, rhymes, songs, and more, followed by a craft. 10:15-10:45 a.m., Franklin Avenue Library
- VolunTeens. Applications must be turned in and approved before attending this program. 4-5 p.m., Franklin Avenue Library

Tuesday Nov. 17

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers, 4 p.m., Franklin Avenue Library

Wednesday Nov. 18

- Artsy Kids: Decoupage Light Switch Covers. This month we will be decorating light switch covers with candy wrappers. 4-4:45 p.m., Franklin Avenue Library
- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library

Thursday Nov. 19

- DCHS Wrestling: 7/8 vs. SEP, 4:30 p.m. @ SEP

Promote your event!

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





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Gina Graham, Diana Hiatt and Sandy Kilgore at Immanuel Pathway on Sept. 4.



Amee Truman, dietitian, and Don Johns, message czar, at Immanuel Pathway on Sept. 4.



Lisa Whelan, social worker, at Immanuel Pathway on Sept. 4.



Jessica Burt, Tabitha Bleich and Alishia Bauman at Immanuel Pathway on Sept. 4.

Peanut butter cakewalk cake

Festival prize is a tasty treat

By Marchelle Walter Brown

When autumn approaches, many small communities hold their annual festivals and jamborees. The small town where I grew up holds a three-day celebration full of a wide array of traditional activities and entertainment. A favorite in our family is participating in the nightly cakewalks that are held during the festival. It was one of the cakewalks this year that eventually led me to this recipe.



On the first night of the Moravia Fall Festival, my daughter and I decided it was a beautiful night to “cakewalk.” This activity is similar to a kid’s game of musical chairs, except no one gets kicked off. A huge circle, divided by individual numbers, is painted on a portion of the roadway and you pay a small amount of money to participate in each “walk.” When the music starts, you do just that: walk. And you continue to walk in this circle until the music stops. At that time a number is drawn and whoever is lucky enough to be standing on the corresponding number gets to pick out his or her choice of the many cakes that have been donated for the event. To make a long story short, I was a lucky winner and chose a 9-inch by 13-inch pan containing what was labeled as “Peanut Butter Cake.”

I took the cake home, and my husband and I immediately cut into it to see if it was as good as it looked. We were not disappointed. Before the night was over, I was on a mission to find out who made the cake and see if I could talk the cook out of the recipe. Lucky for me, and now for you, a local lady, whose husband has long bragged on her culinary skills, contacted me and told me what she had baked the cake and would be glad to share the recipe. Thank you, Judy Power, for sharing your recipe. ■

Peanut butter cakewalk cake

Ingredients

- 1 package yellow cake mix
- 1 cup creamy peanut butter
- 1/2 cup packed brown sugar
- 1 cup water
- 3 eggs
- 1/4 cup vegetable oil
- 12-ounce bag semi-sweet chocolate chips (divided in half)
- 1/2 cup chopped peanuts

Directions

1. In a mixing bowl, blend cake mix, peanut butter and brown sugar on low speed until crumbly. Set aside 1/2 cup

of the mixture.

2. Add water, eggs and oil to the remaining crumb mixture. Blend on low until moistened then beat on high for 2 minutes. Stir in 1/2 of the chocolate chips. Pour into a greased 9" x 13" baking pan.

3. Combine the reserved crumb mixture, the remaining chocolate chips and the chopped peanuts and sprinkle over the batter.

4. Bake at 350 degrees for 45 minutes or until a toothpick inserted near the center comes out clean. Cool completely.

Pinit!



History of Beggar's Night

Custom has roots in Christian celebration

By Debbie Spidle, family pastor, Simple Church

I was born and raised in Des Moines and spent my childhood trick-or-treating on Beggar's Night. As an adult, friends who moved here would tell me "nowhere else" sends kids out the night before Halloween. These same friends told me all their neighborhood kids were hilarious, but quickly changed their minds when made aware all kids here tell jokes on Beggar's Night.

Although my experience with Halloween has been pleasant, I understand how it has a gained a bad reputation with some. The history of Halloween includes a blending of cultures, traditions and superstitions, as well as faith in Christ.

If you've never heard the "faith in Christ" part of Halloween, let me explain. All Hallows Day, also known as All Saints Day, is often associated with the beginnings of Halloween. Pope Gregory III in the eighth century declared the day for honoring saints and those who were martyred for their faith in Christ. Because the deceased were acknowledged, the day often included visiting graves, praying and rituals during evening services.

Begging at the door comes from this tradition. During All Hallows Eve, people would come to a door with an offer to pray for the occupants' deceased, and, in return, receive a Soul Cake, a small cake made of shortbread.

Today, Halloween has changed from a religious practice to a celebration of the season and a time to allow children (and children at heart) a time of fun with candy and



costumes.

It might seem strange to some that as a family pastor, Halloween has become one of my favorite holidays. It's not necessarily the holiday itself I enjoy, but rather the interaction I get to have with my neighbors. In my neighborhood, large groups walk together and talk on Beggar's Night. Other stay in to pass out candy, welcoming the children with treats and complimenting them on their choices of costume and joke (even when they cannot understand them).

Although I see my neighbors at other times, Beggar's Night never feels rushed as the adults are waiting for their kids at each house. It is these times we have conversations about house improvements, new jobs, school projects and even church. And this interaction makes a way for us to know each other better and start to build relationships.

I urge you to get out in your neighborhood this year on Beggar's Night. You may be surprised how much you are able to talk to your neighbor...and how hilarious their kids are. ■

Who is on your team?

Making the transition into retirement

By Susan Ray, executive director, The Reserve

The past few months these articles have focused on the process of transitioning into retirement. What is a known truth about retirement is that it's different from person to person, and it requires much reflection. Regardless of your situation as you transition into retirement, planning for it takes time, investigation and thought. Surrounding yourself with a professional team to assist you is valuable.

This, the final article in the series, is the most personal. At this point you need to start sharing with people who are most important to you the information they need and want to know. These individuals should obtain all of your personal information. Although you may think a loved one has the acquired such details, this vital information should be documented in writing. It should include your Social Security number, as well as the names and contact information of those involved on your professional team. How do they gain access to your will, insurance policies, investments, etc.? Be sure to include your bank accounts and investment information. You may seek direction on the composition of this document from your team.

While you're in the writing mode, write a letter or outline of your family history. This gives everyone the ability to pass along the history from generation to generation. You may have discussed this with your closest family members a number of times and think they know it; however, hav-



ing it written is helpful. Many people start with a family tree. This allows the history of your ancestors to be shared. I would encourage you not to stop with a family tree; include pictures and specific life events that you were involved in. Write about your life, some of your most memorable experiences, your beliefs and feelings, as well as what your hopes are for your heirs. These are invaluable treasures that will be held sacred.

Lastly, you need to have "the talk," which is the most difficult. Nobody is eager to discuss aging, declining health, and, ultimately death. However, it's necessary to share your wishes openly. This conversation will assure that the people who need to know will have the facts and plans you have established. These important individuals need your help to make appropriate decisions on your behalf. Only you know how you want to be cared for if you are not able to recover from a serious illness or injury.

"The talk"...difficult but essential. ■

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

NEWS BRIEF |

Taste of Norway set for Oct. 24

Velkommen to the "Taste of Norway" festival Saturday, Oct. 24, 9:30 a.m. - 2:30 p.m. at Parish Hall, Windsor Heights Lutheran Church just north of University at 1240 66th St. Community guests are invited free of charge to the handicapped accessible venue. The sponsoring Daughters of Norway encourages guests to share in aspects of the Nordic culture by browsing and buying from both Scandinavian and American vendors.

Fall and Christmas items feature Nordic paper crafts, ornaments and jewelry, Norwegian rosemaling (painted decor items) and Hardanger stitchery, Scandinavian American Bunad costumes and doll clothes, Scandinavian embroidered tea towels, knit crafts, Scandinavian genealogy, Nordic children's books and much more.

The Bake Shop tempts buyers with a variety of favorite Scandinavian sweets: coffeecakes, tarts, breads, cinnamon rolls and tea rings, kringla and krumkake. Cafe/Coffee Shop patrons will swarm to select plate lunch items from soups, smørbrød (open face sandwiches) and lefse wraps, desserts, Kvaefjord-cake, cookies and lefse. Master Chef Kay Sacquitne loves to demonstrate lefse making techniques to the assembled crowds.

A portion of the proceeds will go to the Des Moines Area Religious Council Food Pantry. ■



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MAKING SENSE OF INVESTING

FINANCE |

Beware of scary inhabitants of the investment world

In just a few days, witches, zombies and vampires will be converging on your house, asking for candy. You'll likely be amused over the sight of these costumed characters but in other areas of life, such as the investment world, you may need to watch out for some seemingly scary entities.

Here are a few of them:

- **The Horrendous Headline.** Big, glaring headlines rarely offer any comfort to investors. Yet these threats are often overblown, and the markets have proven quite resilient for decades. Here in the United States, the most powerful economic engine in the history of the world has offered investment opportunities as crises have come and gone.

- **The Terrible Tipster.** He or she could be anyone — your neighbor, friend or relative. Terrible Tipsters have one thing in common: They like to tout "hot" stocks or "can't miss" opportunities. The problem is that by the time you actually hear about a hot stock, it may already be cooling off. Don't waste time, effort and money seeking a shortcut to investment success: there isn't one. Instead, stick with an investment strategy that's suitable for your goals, risk tolerance and time horizon.

- **The Scary Statement.** When the market is down, you probably dread seeing your investment statements. But don't let a few bad months, or even a bad year, cause you to stuff your money under your mattress. The financial markets can turn around pretty quickly, and if you're out



of the market when the next rally begins, you'll miss out on some potentially big gains. The big picture might look a lot less frightening than you'd imagine.

- **The Fearsome Forecast.** The performance of the financial markets is notoriously hard to predict but that doesn't stop a slew of fortune-tellers from trying. You can always adjust your portfolio, as needed, in response to changing market or economic conditions, but don't act on these possible circumstances just because someone, somewhere, has predicted them. Instead, follow tried-and-true principles such as diversification, which can help reduce the impact of volatility on your holdings. (However, diversification can't guarantee a profit or protect against loss.)

The ghouls and goblins you see on Halloween are unlikely to cause you nightmares. And the various phantoms of the investment world may prove just as illusory. Don't let them scare you away from investing. ■

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

INSURANCE |

Get your home and car winter ready

Take steps now to prevent trouble later

By Matt Cale, State Farm agent

Winter's on its way. Get ready by preparing your home and vehicle for colder weather.

Home: Have you...

- **Cleaned the gutters?** Clear debris from gutters and test downspouts for drainage to protect against water damage.

- **Trimmed trees?** Cut back dead or dying limbs and any branches that can touch the roof or siding. When it's windy, branches can rub or scratch the surfaces of your home. They also could fall during a storm or break under heavy snow and ice.

- **Stopped the air leaks?** Eliminating air leaks will improve your home's comfort and efficiency. Your first stops? The basement and the attic. Attic leaks allow warmed air to escape and have the effect of drawing cold air in. Use a can of spray foam insulation to plug up the offenders in both areas.

- **Scheduled a heating system inspection?** Have your furnace professionally inspected and cleaned to reduce the risk of a breakdown and to keep the system running efficiently. If you have a fireplace, have your chimney professionally cleaned and inspected and ensure that your damper opens, closes and seals tightly.

- **Winterized outdoor faucets?** Remove all hoses attached to outdoor spigots. Have in-ground sprinkler systems blown out and turn off water to outdoor spigots.

Vehicle: Have you...

- **Had your vehicle serviced?** Ask your mechanic to perform an



inspection: Test the battery and brakes, inspect the exhaust, check the cooling system, check fluids, change the oil and make sure all components are working properly.

- **Checked the wiper blades?** Inspect your wiper blades to make sure they're functional and in good condition. Store an ice scraper in the car, and stock up on windshield washer fluid rated to withstand -30 degrees or lower temperatures.

- **Inspected the tires?** Check for uneven wear, cupping, sidewall cracking and other damage or deterioration. Also examine tire treads to make sure the grooves are deep enough to grip slick surfaces. Wonder if your tires have enough tread? Try the penny test: Stick a penny (Lincoln head first) into one of the grooves that goes completely around the tire. If you can see the top of Lincoln's head, your tread is worn down below 2/32 of an inch and should be replaced.

- **Stocked the trunk with emergency equipment?** Essentials include flares, jumper cables, a shovel, a first-aid kit, a flashlight, extra batteries, non-perishable snacks and cold-weather gear. ■

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

NEWS BRIEF |

Immanuel collaborates with Mercy

Central Iowans in the nine-county area around Des Moines will soon have access to new health care services for seniors which will be provided in a community setting instead of a nursing home or care facility. The coordinated care service will be available at home or at the dedicated center — allowing residents to remain active and live safely in their homes.

Immanuel of Omaha, Nebraska, a highly respected provider of senior health care and senior living services, is introducing the Program of All-inclusive Care for the Elderly (PACE) in central Iowa. Services will be provided through the new Immanuel Pathways PACE Center located at 7700 Hickman Road in Windsor Heights. Mercy Medical Center – Des Moines will be a key provider of health services.

PACE provides a complete range of health and wellness care to individuals who are age 55 or older with chronic illness(es). Participants in the program are usually covered by Medicare or Medicaid services or both. Immanuel Pathways PACE provides all-inclusive care and services for participants that include medical, social, physical and occupational therapy, prescriptions, transportation and much more.

"Mercy's national sponsoring health system, CHI Health, has a history of partnership with Immanuel in the Omaha - Council Bluffs market. We are grateful to expand our relationship with Mercy Medical Center Des Moines," says Eric Gurley, Immanuel President and CEO. "Our collaboration will serve seniors and their families and our Immanuel Pathways program will fill gaps in community health."

The PACE program integrates health care, home and community services to meet the wider range of needs that seniors require. ■



Hello, neighbor!

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OUT AND ABOUT |



Edye Beckerman and Michael Libbie at the Immanuel Pathways ribbon cutting on Sept. 24.



Eric Gurley, president and CEO of Immanuel Pathways, at the Immanuel Pathways ribbon cutting on Sept. 24.



Joe LaValley with Mercy Clinics at the Immanuel Pathways ribbon cutting on Sept. 24.



Pastor Peggy Hall and Johanna Peterson at the Immanuel Pathways ribbon cutting on Sept. 24.



Jodi Allen and Ameer Truman at the Immanuel Pathways ribbon cutting on Sept. 24.



Bobbi Young and Jill Nyquist at the Immanuel Pathways ribbon cutting on Sept. 24.

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Chamber welcomes executive director

Extend a welcome to Edye Beckerman

By Michael Libbie, president, Windsor Heights Chamber

Welcome to October! By the time you read this the leaves will be turning, and we'll be making Halloween plans. Lots of changes with the Windsor Heights Chamber, so let's get started.

Meet Edye Beckerman

Our former executive director, Deb Bengtson, resigned this summer to take a full-time Chamber director position with the Adel Chamber. Deb did a great job while she was here, and we were sorry to see her leave. However, that exit opened up another opportunity, and we're pleased to introduce you to our new executive director, Edye Beckerman. Edye began her duties the first of October and comes highly regarded for her ability to coordinate special events, networking and dedication to the overall Chamber brand.

"I'm really looking forward to being of service to our members and the board," she says. "This is an exciting opportunity to help the business community grow and prosper. I am ready for the challenge."

Edye will be making the rounds over the next several weeks. Welcome, Edye. I should add that during this transition period many members of the board stepped up to do what they could, and I'm grateful for that.

Windsor Heights Candidate Forum

The Chamber will hold a Candidate Forum at the Community and Events Center on Tuesday, Oct. 20 starting at 5:30 p.m. The moderated event is open to the public. The four City Council candidates, — Zac Bales-Henry, Dave Burgess,



Charlene Butz and Threase Harms — have been invited to attend. The forum will consist of opening remarks, question/answer time from the public and closing statements. The four candidates are vying for two seats on the City Council. Please come with your questions, issues.

So, you reading this?

For a number of years Iowa Living magazine has published Windsor Heights Living. When I'm not on the radio or serving on the Chamber Board, my real job is that of running an advertising agency. We do lots of different things for our clients from packaging to print ads, radio, TV...I'm sharing that with you because I'm not guessing at this. My business is advertising and marketing, so when I see something that works, is local and touches each household in Windsor Heights, I have to wonder why more businesses are not taking advantage of this tool. Nobody is paying me to write this, but if you're not in this magazine you're missing a great opportunity to connect with us — the people who live in Windsor Heights.

Thanks for reading. ■



A ribbon cutting ceremony was held at Immanuel Pathways on Sept. 24.



Rhonda Distefano, Scott Pfeifer and Sean Hanrahan at the Immanuel Pathways ribbon cutting on Sept. 24.

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TUESDAY, OCTOBER 20
5:30 to 7:30pm

COMMUNITY & EVENTS CENTER
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OUT AND ABOUT |

Oktoberfest

Windsor Heights held its annual Oktoberfest in Colby Park on Oct. 3. The family-friendly event included games, live music, inflatables, pumpkin carving and a pie-eating contest. A showing of the movie "Hocus Pocus" wrapped up the event.



Greg Jackson, Ruthie Jackson and Everett Jackson



Prashant Ardalkar, Prajakta Ardalkar, Disha Ardalkar and Swara Ardalkar



Sue Meyer and Gerald Meyer of the Royal Scottish Country Dance Society



Brody Robertson, Cainan Robertson, Shannon Robertson and Ken Robertson



Jim Mease, Sean Lunde and Keller Miller from the Windsor Heights Fire Department



Sarah Boots, Thearese Harms and Katie Weinkauff



Brad Sandor, Bella (up for adoption at ARL) and Ronda Villamagna



Zax Bales Henry and Ena



Michael Libbie and Jim Hightower



Ann Hirth and Amanda Hirth



Danielle Hernandez

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www.singleparentprovision.org/simplechurchdads