

Windsor Heights

november 2015

50324

Living

magazine

a NEW WAY of EATING

WINDSOR HEIGHTS RESIDENTS
SHARE THEIR EXPERIENCES OF
GOING TO A GLUTEN-FREE DIET

**A SHAY MYSTERY
GARAGE**

**SLOW-COOKER STEW
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WELCOME |

We are what we eat

We all get them. The aches. The pains. The general discomforts that often come with age. Sometimes they are explainable. Sometimes they aren't.

Medical doctors prescribe varying medications, therapy, exercise and changes in diet to "fix" the problem. But the solution isn't always easy to find, and it isn't always discovered.



About five years ago, I started noticing joint pains in fingers and toes that I attributed to early arthritis, which is common in my family. But the pain worsened to the point where I had difficulty walking in the morning or using my hands throughout the day. My newfound allergies also worsened and seemed to correspond with the joint pain. I had serious bloating and other digestive issues that I will spare you the details on. My family doctor listened to me and ran a myriad of tests, poking and

prodding to rule out some common causes and narrow the list down on others. He prescribed lots of medications. He suggested I change my diet. He told me to exercise more. I did all those things, but the pain persisted. Ultimately, he said I might want to consider a gluten-free diet, so I gave it a shot. I will be the first to tell you that it wasn't easy, and I have never fully committed to it, but I do feel better when I avoid high-gluten foods. Maybe it's just a total coincidence, but the pains decrease when I follow the diet, and they increase when I don't. Of course, it's never one simple answer. Like many of you, I struggle with other health issues that need addressed, too. But through it all, I am convinced that what we eat affects us in much greater ways than I ever believed in my younger years.

In this month's cover story, we share the stories of local residents who made the decision to go gluten-free in their diets. They share their experiences and their results in this enlightening story. I hope you enjoy it.

Thanks for reading. ■

Shane Goodman
Publisher

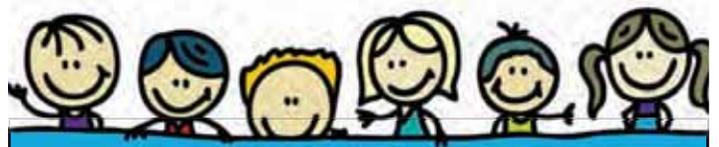


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a NEW WAY of EATING

WINDSOR HEIGHTS RESIDENTS SHARE THEIR EXPERIENCES OF GOING TO A GLUTEN-FREE DIET

By Courtney Keiser

When Sylvia McGuire was just 18 months old, her pediatrician grew concerned with the steady decline in her weight and growth. She had fallen below the third percentile, had a large belly and not a lot of muscle or weight in her hips. In April of 2013, the doctor ordered a blood test. Sylvia was diagnosed with celiac disease soon after.

Celiac disease is an autoimmune disorder that affects the digestive process. A person with celiac disease suffers an immunological response when in contact with gluten that causes intestinal tissue damage, sometimes severe gastrointestinal pain, digestive disturbances and interferes with the absorption of nutrients from food.

The only treatment for gluten sensitivity and celiac disease is following a gluten-free diet, which excludes all wheat, barley, rye and cross-contaminated oats.

"Looking back at our family photo albums, it is heartbreaking to see the change in her physical appearance," Sylvia's mother, Amanda McGuire, explains. "Thin face, thin arms, sunken eyes, and up until she was a year old, we called her the happiest baby alive."

But after that first year, she became fussy and wanted held more than usual. It eventually was a battle to get Sylvia to eat. Sometimes she'd only agree to as little as five apricots for dinner.

Today Sylvia is a healthy 4-year-old and, in hindsight, Amanda and her husband, Michael, can now see all the signs they initially missed. Sylvia lost the circles under her eyes, and her weight normalized after going gluten free.



Michael and Amanda McGuire prepare a gluten-free dinner. All the members of the McGuire family have celiac disease and eat gluten free. Photo by Dan Hodges.

FEATURE |

What happened next was baffling. Celiac disease is often inherited, therefore the entire family was encouraged to test, just in case. To Michael and Amanda's surprise, their daughter Eleanor, now age 6, also had celiac disease.

"She had no classic stomach symptoms, was a great eater, and was growing just fine," Amanda explains.

Only an estimated one in 133 Americans, or about 1 percent of the population, has celiac disease. And in a random, coincidental turn of events, Amanda and Michael both tested positive for the condition as well. Amanda had experienced gastrointestinal problems for years, and her blood test was actually more elevated than the children's.

"Two-and-a-half million Americans alone go undiagnosed and are at risk for long-term health issues," Amanda says. "So having two parents with it who didn't meet at a gluten-free convention is pretty shocking."

Michael and Amanda had to educate themselves quickly on what their family could eat and how to prepare those foods. Eleanor and Sylvia suddenly had no choice but to be aware of their environment in school and daycare.

Amanda says Barb Huyette of the Central Iowa Celiac Connection was a lifesaver. The family also met with a pediatric gastroenterologist and a dietician.

Michael took over the grocery shopping, something Amanda was more than happy to delegate. Michael is a detail-oriented planner, and their new diet needed just that. They stick to meat, fruits and vegetables as much as possible, but they've also found a few processed gluten-free items they enjoy, including nutrition bars, corn and rice cereals, and certain breads.

"Nearly everything our family eats is made in our kitchen, so we really don't have convenience options," Michael says. "If I have



Brooke Vis (pictured with son, Memphis) was expecting a girl at the time of this interview in early-November. She ate gluten-free throughout both her pregnancies and proudly breastfed on a gluten-free diet for more than a year. She plans to do the same with her second child. Photo submitted.

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Gluten-Free

In 2013 the FDA issued a rule defining gluten-free for food labels. This gives consumers, especially those living with celiac disease, a guarantee that items labeled "gluten-free" meet a defined standard for gluten content.

to work late, I can't just pick up a pizza or takeout on the way home. If we join friends for a dinner party, I make dinner and we pack it before we go."

Eleanor is faithful about questioning anyone who offers her food. Because Sylvia is only 4 years old, it's not as easy for her to advocate for herself.

The McGuires explain their needs to the restaurant staff when eating out, but they prefer to eat at home. The girls are still young, and at least one parent accompanies them to social events so they're not left to their own devices.

"Often my child is next to another child eating cake or cupcakes or a sandwich, and that child is not — and shouldn't have to be — thinking about the fact that my kid can't get crumbs on her food. One crumb from a piece of bread is going to make us very sick," Amanda says. "So we do work with the girls on having their own safe space, not touching food of others, helping friends understand that their food can't come near ours, and so on."

Michael packs the girls' school lunches every day, and Amanda coordinates snacks for their after-school care.

"When I know there's a birthday in the classroom, I try to send a special snack that day, such as a chocolate zucchini muffin with a homemade chocolate frosting," she says.

The McGuires realized through research that gluten is everywhere. For example, there's often gluten ingredients in certain shampoos, lotions and lip balms. Vitamins, beverages, spices and condiments are also tricky. The couple even suggests making homemade Play-Doh with gluten-free flour if someone in the family is gluten intolerant.

"The children were young when they were diagnosed, and our dog carries his nuggets of food all around the house," Amanda laughs. "We

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FEATURE |

couldn't have him trailing gluten everywhere."

Today the McGuires are successfully managing their new lifestyle. Michael has noticed a dramatic change in his energy levels. He no longer "hits a wall" in the afternoons and he doesn't get canker sores anymore, which is an often unmentioned, yet common, symptom of celiac disease.

The change completely eliminated Amanda, Sylvia and Eleanor's stomach, weight and fatigue issues. The only grain Amanda can tolerate now is corn chips.

"An unintentional side effect for me has been a noticeable amount of weight loss," Amanda says. "And my anxiety completely disappeared."

Brooke Vis

Three years ago, Brooke Vis had a racing heart, feelings of panic, anxiety and what she describes as "brain fog." Her health care provider suggested she try a gluten-free diet on a trial basis to see how it worked.

That trial turned into a way of life for Brooke. After just three weeks, she saw noticeable changes. Today her health has improved, and she feels like herself again. Brooke didn't take the necessary steps to diagnose her condition, but she and her health

care provider agree that she most likely suffers from gluten intolerance.

Gluten intolerance causes the body to deliver a stress response in the gastrointestinal tract, different from the reaction that occurs in those who have celiac disease. Gastrointestinal problems, joint pain, fatigue and depression are often associated with gluten intolerance. Almost 6 percent of the American population suffers from gluten intolerance.

Brooke was expecting a girl at the time of this interview, due in early November. She has a husband, Brandon, and a 2-year-old son, Memphis. She ate gluten free throughout both pregnancies and proudly breastfed on a gluten-free diet for a year and a half. She plans to do the same with her second child.

"For me, eating gluten free has been more about making a lifestyle change rather than a restriction," she explains. "While pregnant and breastfeeding, I always feel hungry. But my diet choices haven't ever made me feel like I am not able to get enough calories."

Because the condition is sometimes passed down, Brooke and Brandon have only fed Memphis a gluten-free diet thus far as a precaution. The couple plans to slowly introduce healthy gluten-containing foods soon,

and they expect him to handle it well.

"Keeping a growing toddler on this diet might seem crazy to some, but I have been pleasantly surprised at how well my son handles it. If he sees a muffin at church, he may say, 'No, this have gluten.' And when we explain that indeed it does, he is totally fine with not eating it," Brooke laughs.

Brooke has enjoyed experimenting with gluten-free recipes, even though she admits to a few "flops." For meal planning, she strives to limit the processed gluten-free items for health benefits but also because they are costly. She bakes banana bread with brown rice flour, meatloaf with oats, and cookies with nut flours.

And, of course, Brooke isn't going to pretend that the diet doesn't come with challenges. She admits that if she's craving an Oreo, the store-bought gluten-free version isn't going to cut it. But she'll opt for flour-less brownies because she knows the health benefits are worth every bite.

"If I didn't enjoy cooking and baking, this diet would be much harder," Brooke says. "The Des Moines area, and even Windsor Heights, has wonderful grocery stores that provide great options for eating and cooking gluten free." ■

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Advance directives

Make your wishes regarding medical care known to others

By Charlotte Sucik, attorney, Abendroth and Russell Law Firm

Everyone should have an advance directive in place that expresses your wishes regarding medical care and nominates a person to make those decisions for you.

Competent adults have the right to refuse or accept medical treatment after being informed of the procedures and risks. However, there is concern over how these medical decisions will be made when a person is unable to make these decisions. An advance directive states your health care choices in writing while you are still able to articulate your decision.

If you have not executed an advance directive and are unable to make decisions, others will make health care decisions for you. Difficult and emotional decisions

may fall to your spouse, children or parents. If your family disagrees on a course of action, problems can arise.

An advance directive expresses your health care choices in writing and nominates someone to carry them out. Without one, you have no control over who makes the decision or the choices made.

Two advance directives are crucial. A durable health care power of attorney is a document through which you name another person to make health care decisions for you if you are unable to make them. Your agent is required to follow the directions you provide. If your wishes aren't known, your agent will make decisions in your best interest based on discussions you have had with your agent. The



document is "durable" because it's effective even if you become incapacitated or incompetent.

A living will is a written document that expresses your directions for your medical care if you are unable to express your wishes yourself. It can direct your physician to withhold or withdraw certain life-sustaining procedures if you are in a terminal condition. However, it can be much more comprehensive, including what you want to happen in various situations.

These two documents work together. The health care power of attorney nominates somebody to make medical decisions for you. The living will gives your agent directions on specific decisions.

Advance directives allow you to anticipate medical emergencies and participate in your future care. These documents make health care decisions in advance and create peace of mind for you and your family. The most effective estate planning is accomplished before you need it. ■

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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Jerry Allen with his 1980 Shay Roadster, one of only three that were ever made. Right: A detail of the hood ornament. Photos by Lisa Verhey-Budding.

A Shay mystery

Collector car is one of only three ever made

By Lisa Verhey-Budding

"This is the only one left in the world as far as I know," Jerry Allen says. "And I can't seem to find out more about it, either."

One of only three 1980 Shay Roadsters ever made can be found in Allen's garage. Allen, 71, and a Firestone retiree, says it took him 15 years to find his 1980 Ford Centennial reproduction of the roadster built by the Shay Motors Corporation.

"I subscribe to Hemmings Classic Car magazine and found it advertised for sale as a hot-rod pickup," he says. "They had no idea what the thing was. I was pretty sure it was a Shay. The story I got was that the original owner had died, and the kids got it and had no idea what it was."

Allen bought the vehicle and had it delivered to his daughter's house in Wichita, Kansas, where he stored it for a year before finally getting it in running order to drive home.

"It has the Ertl Collectibles trademark stuff all over it, and Ertl has no idea why," Allen says. "However, they told me that if their trademark is on it, they had to approve it at some point or it wouldn't have it on it. So, yeah, that

is a mystery in itself."

Shay collector cars are replicas of the popular 1929 Ford Model A Roadsters and 1955 Thunderbirds. The reproductions were built by Harry Shay Motors between 1979 and 1982. They were sold all over the United States by Ford dealers only. They produced 5,000 roadster cars, 250 pickup trucks and only three of the 1980 Centennial.

"Shay purchased 10,000 Pinto and Mustang II chassis from Ford to build the replicas," Allen says. "Shay said he would buy all the chassis if Ford would work on this deal with him, and they did, so there you go."

Allen also has a Shay Roadster convertible that his wife, Judy, often drives, and a Shay Roadster pickup truck. All of Allen's Shay roadsters were built in 1980.

"I love driving my roadster," Judy says. "They are really fun, and people always come up to you and ask questions about the car. The kids love to ride in the rumble seat."

Allen says he would like to find out more about his centennial roadster, because of how rare it is.

"I would like to find someone who knows more about this one in particular," he says. "Where are the other two? Are they still out there somewhere?" ■

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?"



Iree Davis, Andrew Cooper, Kingsdon Davis and Mr. Davis at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Gerrit Foreman, Dan Graham, Janelle Turner, Nora Turner, Jessie Lounsbury and Lauryn Besack at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Andrew Cooper, Vivian Martindale, Scarlett Martindale, Tom Martindale and Stephanie Martindale at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Andrew Cooper, Cooper Hill, Makayla Hill, Alison Hill and Cory Hill at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Don Hartline and Dale Elliott at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.



Al Flores and Arnie Waltman at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.



Mike Farrell and Kennedy from Puppy Jake Foundation at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.



Chris Murphy, Ken Soady, Dan Breese and Gerald Klinkefus at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.

Meet Tony Garmoe

Band teacher enjoys time and tunes with students

By Rainey Cook

For those of us who are musically inclined, we may remember the excitement of finally entering fifth and sixth grade and getting to choose the instrument you wanted to learn to play. You got to be among the group of students who carried a large, heavy case to and from school and on the bus. You learned how to moisten reeds, pucker lips, take breaths and count by tapping your foot. You learned responsibility by practicing your new instrument at home. You experienced performance jitters as you looked for your parents in the spring concert audience.

Fortunately, for fifth- and sixth-graders of the 21st century, not much has changed in the elementary band arena. Clive Learning Academy's band instructor Tony Garmoe has been teaching the art of good tune for two years. As a traveling instructor, Clive is just one of the schools where he teaches.

"The two things I focus on are that my students enjoy the instrument they choose to learn and that they can play a good tune," Garmoe says. "No one likes to hear bad tunes on any instrument."

Fifth- and sixth-graders are excited about being in band. They are open minded and like being around teachers. As the small group of fifth-grade girls enter Garmoe's band room, it's clear they enjoy his company and leadership. Chatter abounds as they put their clarinets together and open their books.

Garmoe is accustomed to



Tony Garmoe gets ready for clarinet practice with four fifth-graders. Photos by Rainey Cook.

teaching clarinet as well as flute, oboe, saxophone, trumpet, French horn, tuba and percussion. A trained trumpet player himself, he teaches all instruments, but not all instruments are easy for him to play.

"Try as I might," he says. "It's hardest for me to produce a good sound on the flute."

And so the teaching continues through the fall and winter. They all are preparing for their big concerts. Sixth-graders perform in December and will share "Jingle Bell Rock" and a military piece. Fifth-graders perform in February, where approximately 300 students across the district gather to share their learned skill.

"I enjoy my time with these students," Garmoe says. "I find them to be interested and engaged in band."

He even can find humor in the time spent with them. When they ask him how old he is, he can only smile and say, "Older than your mom or dad." ■

Q: What do you like best about Mr. Garmoe?



Xariah Stevenson: "I liked our first day of band when he challenged us to see who could blow the longest tune."



Paige Bernard: "He's funny. He's not strict. He teaches us so we get it really quick."



Brigitte Escareno: "He teaches us what we need to know."

Slow-cooker stew



Cold-weather dish has surprise ingredients

By Jan Allen

November is a month of transition: cool, crisp weather intermingled with a handful of warm, sunny days. I love fall — the colors, the smells. What I don't enjoy are the frigid days of winter coming soon. It's time for the comforting warmth of soups, stews and the slow-cooker. Coming home from a day at school to a house filled with the aroma of savory meat and vegetables is heavenly, and the recipe I have for you is one you can throw together in the morning, and you will have a hearty, delicious meal ready to eat when you are.

You really can't go wrong with this recipe. You can use canned, frozen or fresh vegetables. You can use any kind of beef — stew meat is called for, but I wanted something very lean. With the price the same per pound, I used an extremely lean cubed steak and cut it into bite-sized pieces. The V-8 juice, along with the instant tapioca, make a rich, wonderful gravy when it simmers with the beef and the vegetables. I have an older slow-cooker that doesn't seem to get as hot as some of the newer ones, so setting it on high for 10 hours works for me. Some of the newer slow-cookers seem to get hotter than the older ones, so you may need to adjust the time or the temperature. I have also made this in my electric pressure cooker and it turns out just fine.

There are a couple surprises that I used in my stew. My husband and I try to limit white potatoes and carrots. One of the surprising vegetables that can be substituted for potatoes are...ready for this? Radishes. Who knew? They have the flavor and texture of potatoes in

stews and roasts, but without the carbs. Another surprise: After it was cooked, I stirred in a half-cup of pumpkin puree. It gives a depth and richness to the gravy that is so good.

I hope you enjoy the warmth and comfort of this stew in these cold months of fall and winter. Enjoy the upcoming seasons of Thanksgiving and Christmas, and blessings to you and your families from me and mine. ■

Easy slow-cooker stew

Ingredients

1 cup frozen or fresh peas
 1 1/2 cup frozen or fresh carrots
 1 1/2 cup celery
 3-4 potatoes, cubed
 1/2 cup chopped onion
 1 package stew meat
 12 ounces V-8 juice
 12 ounces water
 2 tablespoons instant tapioca
 Seasonings to taste
 (I used cut radishes in place of potatoes, and added a 1/2 cup pumpkin puree.)

Directions.

1. Put in peas, carrots, celery, onion and potatoes into the slow cooker. Place meat on top.
2. In 2-cup measuring cup or bowl, pour in V-8 juice. Add seasonings (salt, pepper, garlic or anything you like) and tapioca. Stir together. Pour over mixture in slow cooker. Pour 12 ounces water overall.
- 3: Cover, turn to high and cook for approximately 10 hours.

Note: I use fresh vegetables instead of frozen or canned (either are fine). It makes a wonderful rich gravy.

YOU'RE INVITED!

Comprehensive Plan and Trail Hub Visioning Open House

Windsor Heights Community and Events Center

6900 School Street

Tuesday, January 19, 2016

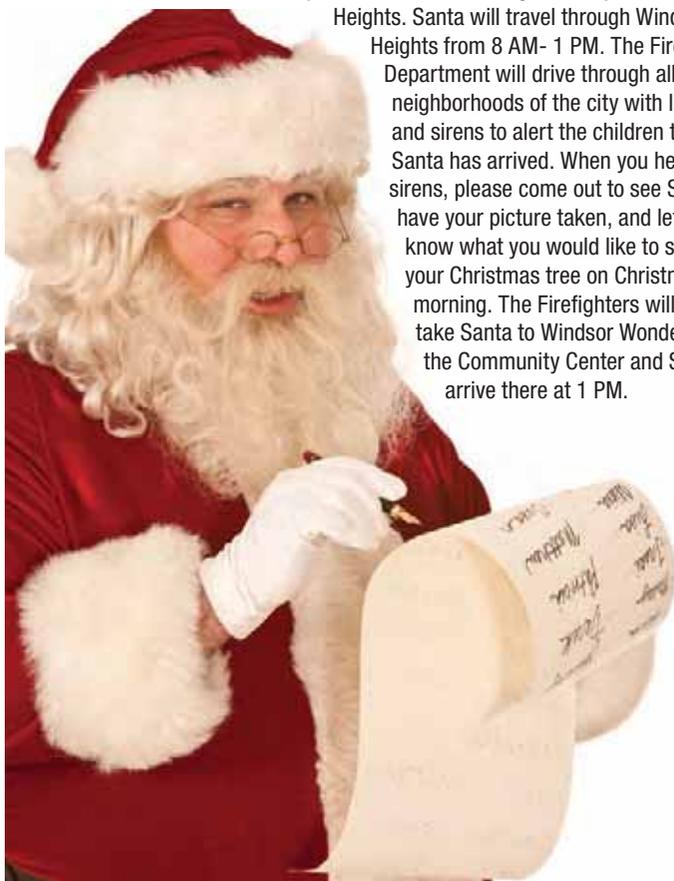
5:00 PM- 6:30 PM

The public is invited to an open house on Tuesday, January 19, 2016 starting at 5:00 PM. Windsor Heights is updating the Comprehensive Plan, a document that guides city staff, public officials, and others as they make decisions that affect the future of our community. An important part of the process is hearing from citizens and people who know Windsor Heights best and are willing to share their opinions and insight. The goal of the event is to gather input

regarding strengths and weaknesses of the community to establish goals and priorities for the Comprehensive Plan. If you have attended similar visioning workshops in the past, those comments will be carried through in this plan as well, but would still encourage you to participate in this highly interactive event. RDG Planning and Design, our Comprehensive Planning consultant, will be presenting an "existing conditions" report of Windsor Heights and will help lead discussion. Concurrent with the Comprehensive Plan, Windsor Heights is completing a trail hub feasibility study. Input is necessary from the public to help determine where and if a trail hub is needed in Windsor Heights, along with the desired outcomes of a trail hub. Pros Consulting and Confluence are completing the study and will be present at this event as well to hear comments.

SANTA DAY IS COMING!

The Windsor Heights Fire Fighters were recruited by Santa to be his helpers as he travels through the City of Windsor Heights. Santa will travel through Windsor Heights from 8 AM- 1 PM. The Fire Department will drive through all of the neighborhoods of the city with lights and sirens to alert the children that Santa has arrived. When you hear the sirens, please come out to see Santa, have your picture taken, and let him know what you would like to see under your Christmas tree on Christmas morning. The Firefighters will then take Santa to Windsor Wonderland at the Community Center and Santa will arrive there at 1 PM.



ANNUAL HOLIDAY LIGHTING CONTEST

The Windsor Heights Foundation is pleased to announce the annual holiday lighting contest. The Foundation has divided the city into six zones, and will award a \$50.00 prize to the winner in each zone. The Foundation will award an additional \$50.00 for the "Best of the Best." The contest winners will receive a lighted sign to place in their yard. The Foundation also appreciates the businesses that decorate for the holidays. Judging will take place between 6:30 and 9 p.m. from December 1-7, 2015. The Foundation is asking residents to have their decorations in place and lit during this time. The Foundation has selected these criteria for judging the displays:

1. Consistent theme (not a mix of secular and religious)
2. Balanced design; not cluttered or overdone
3. Creativity in design
4. Originality, including "hand-crafted" elements
5. Minimum use of "plastic"
6. Display looks good by day as well as by night



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WINDSOR WONDERLAND

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December 4, 2015 • 7:00 PM-10:30 PM.

Come join us for an old fashion cocktail party that would make Bing Crosby proud! Toast your friends with hot toddies and vintage seasonal cocktails, all while enjoying appetizers and desserts. All of this in the cozy and decked out Windsor Heights Events and Community Center in Colby Park. Enjoy your first cocktail on us while cuddling up to the fireplace and listening to Crosby and friends serenade you. Not to forget pop-up performances to help you get in the Holiday mood. This is a great opportunity to do something special with friends and colleagues this Holiday season.

Playin' in a Windsor Wonderland
December 5, 2015 from 1 PM-5PM

Come join us for photos with Santa, crafts, games, photo booth and treats. Everyone loves to make crafts and make messes, but no one likes to clean it up later. So come make a mess with your kids in the community center and then leave. We've got you covered! The Windsor Heights Fire Fighters are having a coloring contest that starts November 23 and goes through December 5th. The winners will receive breakfast and a fire truck ride with the fire fighters. The contest ends December 5th and the winner will be announced at Windsor Wonderland. The coloring sheets will be available at the fire station and City Hall.

Want to know what is going on in Windsor Heights?

- Sign up for our e-newsletter, The Wave to get up to date information. You can sign up from our webpage or email jvogel@windsorheights.org to get on our list. The Wave will update you weekly on what is happening 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.



December 4
Cocktail Party
7:00-10:30 PM
Community Center

December 5
Kids' Fun Day
1 PM- 5PM
Community Center

City of Windsor Heights

Windsor Wonderland

See website for more information

QUESTER

Windsor Heights

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Storage Mart

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CALENDAR

Thursday Nov. 19

- DCHS Wrestling: 7/8 vs. SEP, 4:30 p.m. @ SEP
- Regional After Hours, 4:30-7 p.m., Golden Openings

Friday Nov. 20

- LEGO Fridays, LEGO will be available in the children's area, so bring your imagination and get ready to build. All day, Franklin Avenue Library

Saturday Nov. 21

- 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, Stop by the library to sign up for a ten minute slot to read a favorite story to therapy dog Scout. 11 a.m. - 2 p.m., Franklin Avenue Library

Monday Nov. 23

- 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
- DCHS Bowling: Boys/Girls JV/V Meet, 3:45 p.m. @ DCHS
- DCHS Wrestling: 7/8 vs. Ankeny Centennial, 4:30 p.m. @ Northview MS

Tuesday Nov. 24

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Ave Library
- Franklin Crafty Readers, 4 p.m., Franklin Avenue Library
- 75th Committee Meeting, 5:30-6:30 p.m., City Hall
- RHS Basketball: Girls 9/JV/V vs. Ames, 4:45/6:15/7:45 p.m. @ RHS

Wednesday Nov. 25

- 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

- Furry Tales with Scout, Stop by the library to sign up for a ten minute slot to read a favorite story to therapy dog Scout. 2-3 p.m., Franklin Avenue Library
- DCHS Wrestling: 7/8 Match, 4:30 p.m. @ DCHS
- DCHS Basketball: Girls 9/JV/V vs. DM Hoover, 4:45/6:15/7:45 p.m. @ HHS
- DCHS Swimming: Boys JV/V vs. Fort Dodge, 5:30 p.m. @ FDHS

Thursday Nov. 26

- Thanksgiving

Saturday Nov. 28

- "Chitty Chitty Bang Bang" Sneak Preview, See a sneak preview of the Des Moines Community Playhouse production of "Chitty Chitty Bang Bang." 10:30-11 a.m., Franklin Avenue Library
- DCHS Basketball: Girls V/JV vs. Iowa City, Noon/1:30 p.m. @ ICHS

Monday Nov. 30

- 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 Bowling: Boys/Girls JV/V vs. Johnston, 3:15 p.m. @ Air Lanes
- DCHS Basketball: Boys JV/9 vs. Urbandale, 7/8:15 p.m. @ UHS

Tuesday Dec. 1

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Ave Library
- Franklin Crafty Readers, 4 p.m., Franklin Avenue Library
- Des Moines Public School Board Meeting, 6 p.m., Central Campus
- RHS Basketball: Boys 10/9 vs. Ankeny, 4:45/7:45 p.m. @ Callanan MS
- RHS Basketball: Boys Varsity vs. Ankeny, 7:45 p.m. @ RHS
- RHS Basketball: Girls JV/V vs. Ankeny, 4:45/6:15 p.m. @ RHS
- RHS Basketball: Girls 9th vs. Ankeny, 7:45 p.m. @ Callanan MS
- DCHS Wrestling: 7/8 Match, 4:30

p.m. @ DCG MS

Wednesday Dec. 2

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

Thursday Dec. 3

- RHS Swimming: Boys JV/V vs. DM Hoover, 5:30 p.m. @ HHS
- DCHS Basketball: Girls 9/JV/V vs. Harlan, 4:30/6/7:30 p.m. @ HHS
- DCHS Swimming: Boys JV/V vs. Ames, 5:30 p.m. @ DCHS
- DCHS Basketball: Boys 9th vs. Waukee, 6:30 p.m. @ Waukee Prairieview
- DCHS Wrestling: JV/V vs. Fort Dodge, 6:30/7:30 p.m. @ FDHS

Friday Dec. 4

- Sippin' in a Windsor Wonderland, \$22 in advance. \$25 at the door. Ticket covers 1 drink and hors d'ouvres. 7-10:30 p.m., Windsor Heights Community Center
- LEGO Fridays, LEGO will be available in the children's area, so bring your imagination and get ready to build. All day, Franklin Avenue Library
- RHS Basketball: Boys 10/V vs. WDM Valley, 4:45/7:45 p.m. @ VHS
- RHS Basketball: Boys 9th vs. WDM Valley, 6:15 p.m. @ Valley Southwoods
- RHS Basketball: Girls JV/V vs. WDM Valley, 4:45/6:15 p.m. @ VHS
- RHS Basketball: Girls 9th vs. WDM Valley, 4:45 p.m. @ Valley Southwoods
- DCHS Basketball: Boys 10/V Game, 5/7:30 p.m. @ DCHS

Saturday Dec. 5

- Playin' in a Windsor Wonderland, Enjoy visits from Santa. Treats, games, a photo booth and crafts will be available. 1-5 p.m., Windsor Heights Community Center
- 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, Stop by the library to sign up for a ten minute

- slot to read a favorite story to therapy dog Scout. 11 a.m. - noon, Franklin Avenue Library
- RHS Wrestling: JV Tournament, 9 a.m. @ North
- RHS Swimming: Boys Varsity Invite, 11 a.m. @ Ames
- RHS Basketball: Girls 9/JV/V vs. Abraham Lincoln, 1/2:30/4 p.m. @ Merrill MS
- DCHS Wrestling: JV Invite, 9 a.m. @ Bondurant-Farrar
- DCHS Wrestling: Varsity Invite, 10 a.m. @ Cedar Falls

Sunday Dec. 6

- Clive Learning Academy's "My Favorite Things" Holiday Bazaar, \$3. Free for ages 12 years and younger. 1-4 p.m., Clive Learning Academy

Monday Dec. 7

- 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
- Council Meeting, 6 p.m., City Hall
- Franklin Afternoon Book Discussion, "Under the Wide and Starry Sky" by Nancy Horan. Franklin Avenue Library
- VolunTeens, Teens ages 12-18 can pick up a teen volunteer application at the Franklin Library. 4-5 p.m., Franklin Avenue Library
- Gingerbread House Decorating, To register for this program, please register the name of one family member to represent your family. 5 p.m. and 6:30 p.m., Franklin Avenue Library
- RHS Bowling: Boys/Girls Varsity vs. Ottumwa, 2:30 p.m. @ Champion Bowl
- RHS Basketball: Boys 9th vs. Dowling, 7 p.m. @ DCHS
- DCHS Wrestling: JV Invite, 9 a.m. @ Bondurant-Farrar
- DCHS Wrestling: Varsity Invite, 10 a.m. @ Cedar Falls

Tuesday Dec. 8

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

CALENDAR

What was your favorite book of 2015? Bring a treat to share if you wish. 6:30-7:45 p.m., Franklin Avenue Library

- RHS Basketball: Girls JV/V/9 vs. DM Hoover, 4:45/6:15/7:45 p.m. @ HHS
- RHS Basketball: Boys 10/9/V vs. DM Hoover, 4:45/6:15/7:45 p.m. @ HHS
- RHS Swimming: Boys JV/V vs. Indianola, 5:30 p.m. @ Indianola YMCA
- RHS Wrestling: JV/V vs Ankeny Centennial, 6:30/7:30 p.m. @ ACHS
- Songs of the Season, The Meredith Middle School Singers, under the musical supervision of Kelly Kretschmer, will present a program of seasonal tunes and other pieces. 6:30-7:30 p.m., Franklin Avenue Library
- DCHS Wrestling: 7/8 vs. Johnston, 4:30 p.m. @ Johnston MS
- DCHS Basketball: Girls 9/JV/V vs. Ames, 4:45/6:15/7:45 p.m. @ DCHS
- DCHS Swimming: Boys JV/V vs. WDM Valley, 5:30 p.m. @ VHS

Wednesday Dec. 9

- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library
- Artsy Kids: Magic Balloon Ornaments, We are going to create a very unique project using balloons. This program is for kids in grades 3-8 and requires preregistration. 4-4:45 p.m., Franklin Avenue Library

Thursday Dec. 10

- RHS Basketball: JV/9 vs. DM North, 7/8:15 p.m. @ NHS
- DCHS Bowling: Boys/Girls JV/V vs. WDM Valley, 3:45 p.m. @ DCHS
- DHCS Swimming: Boys JV/V vs. Johnston, 5:30 p.m. @ Summit MS
- DCHS Wrestling: JV/V Meet, 5:30 p.m. @ SEP
- DCHS Basketball: Boys JV vs. Ankeny Centennial, 7 p.m. @ DCHS

Friday Dec. 11

- LEGO Fridays, LEGO will be available in the children's area, so bring your imagination and get ready to build. All day, Franklin Avenue Library
- RHS Basketball: Boys 10/V vs. Indianola, 4:45/7:45 p.m. @ RH

- RHS Basketball: Girls JV/9 vs. Indianola, 4:45/7:45 p.m. @ Merrill MS
- RHS Basketball: Girls/Boys Varsity vs. Indianola, 6:15/7:45 p.m. @ RHS
- DCHS Basketball: Boys 10/9/V vs. Johnston, 4:45/6:15/7:45 p.m. @DCHS
- DCHS Basketball: Girls JV/V/9 vs. Johnston, 4:45/6:15/7:45 p.m. @ DCHS

Saturday Dec. 12

- 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, Stop by the library to sign up for a ten minute slot to read a favorite story to therapy dog Scout. 11 a.m. - noon, Franklin Avenue Library
- RHS Wrestling: JV Invite, 9 a.m. @ DM East
- RHS Wrestling: Varsity Invite, 10 a.m. @ Valley
- DCHS Wrestling: Boys JV Tournament, 9 a.m. @ SEP
- DCHS Wrestling: Boys Varsity Invite, 10 a.m. @ Ankeny Centennial
- DCHS Swimming: Boys Varsity Invite, 11:30 a.m. @ Holmes

Monday Dec. 14

- 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
- 10/60 Meeting, Residents are encouraged to attend. They will have 60 minutes to ask their Mayor and Administrator any 10 questions they want. 5:15 p.m., Windsor Heights Community and Events Center
- RHS Wrestling: JV Game, 5:30 p.m. @ Knoxville
- DCHS Bowling: Boys V/JV vs. Fort Dodge, 3:30/3:45 @ Ridgewood Lanes
- DCHS Bowling: Girls JV/V vs. Fort Dodge, 3:45 @ Fort Dodge
- DCHS Basketball: Boys JV vs. Johnston, 7 p.m. @ DCHS
- DCHS Basketball: Boys 9B vs. Waukee, 8:15 p.m. @ DCHS

Tuesday Dec. 15

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

- Franklin Avenue Library
- Des Moines Public School Board Meeting, 6 p.m., Central Campus
 - 75th Committee Meeting, 5:30-6:30 p.m., City Hall
 - RHS Bowling: Boys/Girls JV/V Meet, 3:30 p.m. @ Merle Hay Lanes
 - RHS Basketball: Boys 10/9/V vs. DM East, 4:45/6:15/7:45 p.m. @ EHS
 - RHS Basketball: Girls JV/V/9 vs. DM East, 4:45/6:15/7:30 p.m. @ EHS
 - DCHS Wrestling: 7/8 Match, 4:30 p.m. @ DCHS
 - DCHS Basketball: Boys 10/V vs. Waukee, 4:45/7:45 p.m. @ WHS
 - DCHS Basketball: Girls JV/V vs. Waukee, 4:45/6:15 p.m. @ WHS
 - DCHS Basketball: Girls/Boys 9th vs. Waukee, 4:45/6:15 p.m. @ Waukee Prairieview

Wednesday Dec. 16

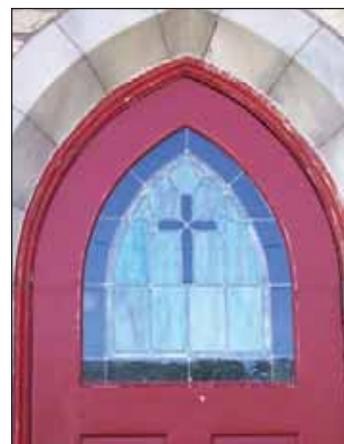
- Toddler Storytime, Ages 18 months- 3 years, 10:15 and 10:50 a.m., Franklin Avenue Library

Thursday Dec. 17

- RHS Bowling: Boys/Girls JV/V Meet, 3:15 p.m. @ Plaza Lanes
- RHS Swimming: Boys JV/V vs. Ottumwa, 5:30 p.m. @ RHS
- RHS Wrestling: JV/V vs. Ottumwa, 6:30/7:30 p.m. @ Evans MS
- DCHS Swimming: Boys JV/V Meet, 5:30 p.m. @ DCHS
- DCHS Wrestling: JV/V Meet, 6:30/7:30 p.m. @ DCHS

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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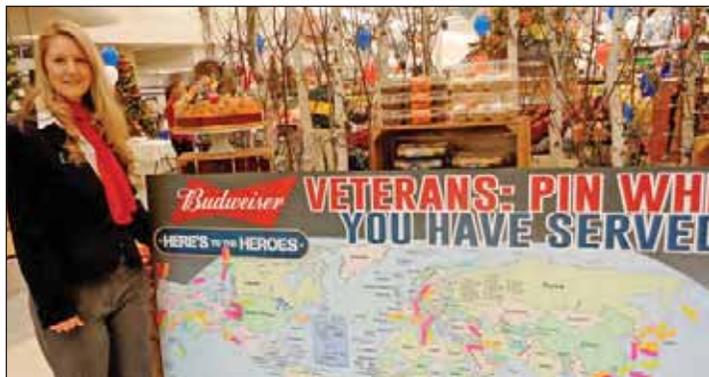
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OUT AND ABOUT |



Amy McCarthy at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.



Kyle Peterson, Noah Uitermark and Omar Mjic at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.



Duane Delaney and Kolene Delaney at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.



Angie Roan and Donald Winters at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov. 11.

WHERE WE LIVE |



Cindy Yelick in her 1969 Windsor Heights home with her mother, Mary, her daughter, Mary, and their dog, Abby. Photos by Rainey Cook.

Home for generations

Family finds Windsor Heights easy to call home

By Rainey Cook

Windsor Heights resident Cindy Yelick took her degree and traveled to Korea to teach, moved to Houston, back to Iowa to go to graduate school, and finally back to the house where it all started for her in middle school.

Yelick purchased her parents' home from them in 1995. Before that she lived in it with her parents after they bought it in 1976.

"I just love the location and the ranch-style home it is," Yelick says. "The Windsor Heights community was easy to come back to."

Her entertaining has always been kid-friendly for her daughter. They would have slumber parties. As the Girl Scout leader she'd hold meetings, and the girls would make dinners for others here.

Since Yelick already liked the ranch style, there wasn't much to do differently. She remodeled the kitchen in 2009. She had one wall removed, added wood floors that extend into the dining room, added a large breakfast counter and replaced the cupboards.

The one outstanding thing she didn't change about the kitchen that also happens to be original to the house was the fireplace and sitting area — right in the kitchen.

It's an extremely warm touch. With it she coupled a small couch for her daughter to do homework on while she's making dinner.

Yelick has also redone the main bathroom and made the screen porch a three-season porch.

Unfortunately, part of this home's history includes a house fire. Only six months after the remodel, a blanket in the back bedroom caught fire and caused major smoke damage to the rest of the house. Once cleaned, again, all was new.

Although this home could be easily mistaken for a Colby brick, it is not. The first homeowners designed and had it built themselves. The little things they added are precisely what Yelick finds unique. Most light switches are outside the room they light. The interesting fact that there were no stairs down to the basement meant the only entry into the basement was through the garage. It wasn't until years later that the stair steps were added that actually went upstairs.

Living here with her mother, daughter and their dog, this home has great space — old and new — and offers a little something special for each of them. ■

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.

FAITH |

Daring faith

Don't let fear dominate your life

By Pastor Tom Allen, Simple Church

The word "faith" is often associated with church, but in reality, almost everything we do is a step of faith. For example, we get out of bed and believe our legs will hold us up. We drive our cars believing the wheels will continue to turn. We turn on the light switch and believe the power company will do its job. The list goes on and on. We live our lives by faith in things, faith in ourselves, faith in others and faith in God... even if we don't think we believe in Him. I'm always amazed at how self-sufficient we think we are until something happens, and then how quickly it can remind us of our need for God and each other.

When we doubt and fear, it can neutralize what God wants to do in our lives. Fear hinders faith and leaves us expecting no more than the status quo, which is Latin for "the mess we're in."

In the Bible, James 1:5-7 tells us, "If you need wisdom, just ask God for it, because He is generous and enjoys giving to everyone. But when you ask God, you must believe in faith and not doubt. For a doubtful mind is as unsettled as a wave of the sea that is driven back and forth, and tossed about by the wind. Such doubters cannot decide about anything they do, so they should not imagine receiving anything from the Lord."

We don't have to understand how something works to benefit



from it.

I don't understand internal combustion, but I drive a car.

I don't understand the chemistry of digestion, but I eat steak.

I don't understand radio and TV waves, but I watch TV.

I don't understand how I can pick up a cellphone and talk to someone in another state, yet I do it almost every day.

I don't understand how faith works because I can't see it, touch it or feel it, but I can choose to live by faith because it works when we focus on God.

We have a choice — to be governed by fear or by faith. If you are governed by fear, you will go around being freaked out, stressed and worried. Please don't let fear dominate you. Place your faith in the Lord because all things are possible with God. ■

Information provided by Pastor Tom Allen, Simple Church, 1701 25th St., West Des Moines, 770-5763



A Church Where You Can be Known by Others

At Simple Church in West Des Moines, table groups allow you to interact with others in a small group setting following a short sermon. This format lets your voice be heard and allows everyone to comment and ask questions for greater understanding.



November Teaching Series

DARING FAITH

Daring faith requires taking risks, the courage to face giants, as well as facing the unknown. It might be easier to stay in your comfort zone, but when you bravely step out to where God has called you, history is made and lives are changed forever! To live an extraordinary life, your faith must be bold and daring!



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FINANCE |

Will you be ready for retirement?

Are you doing all you can? Many of your peers aren't. About a third of working adults have no retirement savings or pension, according to a survey by the Federal Reserve. And more than half of workers report that the total value of their household's savings and investments, excluding the value of their primary home and any defined benefit plan (such as a traditional pension), is less than \$25,000, according to the Employee Benefit Research Institute's 2015 Retirement Confidence Survey.

Such figures help explain why many people are unsure if they'll ever be able to retire. Nearly 40 percent of the respondents in the Federal Reserve's study either have no intention to retire or plan to keep working for as long as possible.

Consider taking these steps:

- **Estimate your cost of retirement.** At what age do you plan to retire? When you do retire, will you stay home and pursue your hobbies, or will you travel the world? Will you do some consulting or other part-time paid work or will you volunteer? By answering these and other questions, you can at least estimate your costs during your retirement years.

- **Contribute to your 401(k).** Contribute as much as you can afford each year to your employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. You may have a dozen or more investment vehicles within your 401(k), so you can build a



portfolio that's appropriate for your goals and risk tolerance. In 2015, you can contribute up to \$18,000 to your 401(k), or \$24,000 if you're 50 or older.

- **Fully fund your IRA.**

Even if you participate in a 401(k) or other employer-sponsored retirement plan, you're probably still eligible to contribute to an IRA as well. In 2015, you can contribute up to \$5,500 or \$6,500, if you're 50 or older to an IRA. A traditional IRA offers tax-deferred earnings, while Roth IRA earnings can grow tax free, provided you don't start taking withdrawals until you're 59½ and you've had your account at least five years. Try to "max out" your IRA every year.

- **Control your debts.**

Control your debts as much as possible. Every dollar that doesn't go into a debt payment could be invested for your retirement.

These aren't the only steps that can help you move toward a comfortable retirement, but they can certainly help get you on the right path. ■

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

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- Nov 27th (Black Friday) 8am-8pm
- Nov 28th (Small Business Saturday) 8am-8pm

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15 turkey fryer safety tips

Stay safe when cooking the holiday bird

By Matt Cale, State Farm agent

It's hard to beat the speed of deep-frying a turkey — or the irresistible flavor and juiciness that result. But turkey fryers have the potential to cause fire and serious injury. If you plan to deep-fry your holiday bird, be sure you know how to safely use the fryer, and take these precautions to protect yourself, your guests and your home:

- Keep outdoor fryers off decks, out of garages and a safe distance away from the house, trees and other structures.

- Make sure the turkey is thawed and dry before cooking. Ice or water that mixes into the hot oil can cause flare-ups.

- Watch the weather. Never operate a fryer outdoors in the rain or snow.

- Place the fryer on a level surface, and avoid moving it once it's in use.

- Leave at least two feet between the tank and the burner when using a propane-powered fryer.

- Follow the manufacturer's instructions to avoid overfilling. Oil can ignite when it makes contact with the burner.

- Choose a smaller turkey for frying. A bird that's 8 to 10 pounds is best; pass on turkeys heavier than 12 pounds.

- Never leave fryers unattended.

- Purchase a fryer with temperature controls, and watch the oil temperature carefully. Cooking oil that is heated beyond its smoke point can catch fire. If you notice the oil is smoking, turn the fryer off immediately.



- Turn off the burner before lowering the turkey into the oil or removing it from the oil. Once the turkey is submerged, turn the burner on.

- Wear goggles to shield your eyes, use oven mitts to protect your hands and arms and keep a grease-rated fire extinguisher close by.

- Skip the stuffing when frying turkey, and avoid water-based marinades.

- Keep children and pets away from the fryer at all times.

- Once finished, carefully remove the pot from the burner, place it on a level surface and cover to let the oil cool overnight before disposing of the oil.

- Opt for an oil-less fryer. These use infrared heat, rather than oil, to cook the turkey and can reduce the risk of fire and serious injury.

Matt Cale Agency - State Farm® and actor William Shatner want you to be safe when using turkey fryers this Thanksgiving.

Wishing you and your family the happiest of holidays. ■

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

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SENIOR LIVING |

Set your mind to be thankful

Attitude of gratitude is good for your health

By Susan Ray, executive director, The Reserve

In the United States, Thanksgiving Day is a holiday celebrated on the fourth Thursday in November. It became an official federal holiday in 1863. The idea of setting aside time to give thanks for one's blessings is almost as old as the North American continent itself.

In the early days, Thanksgiving Day was a celebration of the bountiful harvest and giving thanks for the reward of labor in the fields. Although as Americans gather today for Thanksgiving Day things are considerably different as we feast, watch Thanksgiving parades, play football and visit with family, the tradition of coming around a table to give thanks remains a common thread.

Have you considered extending the tradition of giving thanks? Granted, the Thanksgiving Day holiday as described above is celebrated just once a year, but if being thankful was practiced throughout the entire year there would be benefits. Scientific studies have linked the positive emotion of gratitude to significant health benefits. Not only can gratitude improve our health, but think about the impact it has on our overall emotions and personality. Research has found that those who adopt an "attitude of gratitude" as a state of mind experience rather than a temporary state are a step ahead of those who don't.

Robert Emmons, a psychology professor at the University of California at Davis, has been a leading researcher in this growing field termed "positive psychology." Emmons' findings, along with other researchers, suggest that people who take time routinely to be



thankful may be more likely to:

- Take better care of themselves physically and mentally.
- Engage in more protective health behaviors and maintenance.
- Get more regular exercise.
- Eat a healthier diet.
- Feel happier and more optimistic.
- Lessen stress.

Try it out — striving for good health through an "attitude of gratitude." Not just on Thanksgiving Day; instead take time regularly to pause and give thanks. Some find it helpful to keep a journal. It is like anything else you start that is new; it's hard to fit it in to the daily routine. It won't take more than five minutes each day, and the same time of day works best to working it into your routine. The act of writing in the journal will cause you to review what you really value in your life. Additionally, the journal will enable you to reflect on how you experienced gratitude each day.

Gratitude is not a cure-all, but certainly is a tool that can be used for improving life satisfaction and happiness. ■

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

City council elections

Run-off vote scheduled for Dec. 8

By Michael Libbie, president, Windsor Heights Chamber

Windsor Heights residents (you) went to the polls and exercised your voting privilege. And guess what? We get to do it again. Windsor Heights and several other metro communities use a percentage system to determine the election winners. Two of the four candidates — Zac Bales-Henry and Charlene Butz — must now face each other in a run-off on Dec. 8. The November election did decide the fate of two other candidates: Congratulations to Threase Harms on her election to the City Council, and our thanks to Dave Burgess for his years of service to the city. Don't forget to vote on Dec. 8



Chamber members to meet and great each other, but this month there is an added bonus. The event is raising funds for the John Stoddard Cancer Center. While there is no charge to attend, you can still give. So why are we sharing this with you? We think it's important for citizens of Windsor Heights to know that your Chamber is also involved in many aspects of economic development for the entire Des Moines metro area; it helps us all grow.

Baru 66 family to grow

If you have not heard, Chamber member Baru 66 is opening another location called Prime Land and Sea just across the border in West Des Moines at 1261 Eighth St. The new restaurant is slated to open on Friday, Nov. 27. We wish David and Sara the very best with this new expansion of their restaurant business.

Our website, www.WindsorHeightsChamber.com, has been updated with new events, contact information and member benefits. Come on by. ■

Did you know?

Membership in the Windsor Heights Chamber is not limited to businesses in the city. We also have several members who are citizens of Windsor Heights and want to stay well connected with the business community and members who have businesses outside of Windsor Heights and see the value in the economic opportunity our community offers. If you would like to become an individual member or have your business join our Chamber, please contact our executive director, Edye Beckerman, at 991-5447 and she will be able to share the benefits of membership.

Regional After-Hours

Coming up on Nov. 19 there will be a Regional After-Hours event at Golden Openings in Urbandale. This is an opportunity for metro

Did you know?

Individuals, as well as businesses can join the Windsor Heights Chamber of Commerce. Our members consist of Windsor Heights residents, businesses from our community and businesses from outside our borders. Why?

Here are four benefits:

- Networking with other business and professional leaders.
- In "the know" about Windsor Heights & Business Opportunities.
- Publicity about your business or interests.
- Participation in the Greater Des Moines Partnership the 4th largest Chamber in the nation!



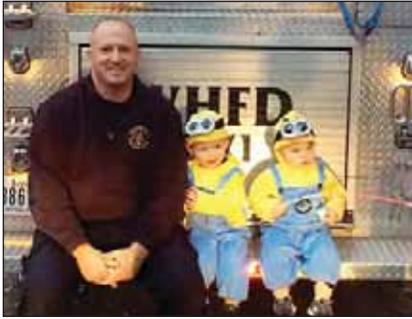
JOIN the Chamber
and let's do...
BUSINESS.



WINDSOR HEIGHTS
CHAMBER OF COMMERCE

WWW.WINDSORHEIGHTSCHAMBER.COM

OUT AND ABOUT |



Gerrit Foreman, Jase Ramsey and Steve Ramsey at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Andrew Cooper and Jimmy Howard at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Andrew Cooper and Sophia Matthews at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Everett Kaiser and Andrew Cooper at the Windsor Heights Firefighters Beggar's Night on Oct. 30.



Betty Ridout and Edye Beckerman at the Windsor Heights Chamber Luncheon on Nov. 3.



Michael Libbie and Matt Cale at the Windsor Heights Chamber Luncheon on Nov. 3.



Fred Bobenhouse and Donald Starner at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov 11.



Lorraine and Murphy from Puppy Jake Foundation at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov 11.



Ken Janes and Jim Janes at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov 11.



Wayne Davis, Keith Acheson, Jim Fitts and Threase Harms at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov 11.



Salenna Hedgepath and Kajuan Davenport, ROTC, at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov 11.



Cody Whirry and Isabella Bacon, ROTC, at the Windsor Heights Hy-Vee Veterans Day breakfast on Nov 11.

FIND YOUR HOLIDAY COOKBOOK TODAY AT THESE LOCAL BUSINESSES

PLEASANT HILL

Becky Nalevanko Dance - 4900 E. University Ave.
Pleasant Hill Chamber - 5161 Maple Drive, Suite C
Nucara Pharmacy - 4927 Maple Drive
Bank Iowa - 420 Eighth St. S.E.

DES MOINES

Eisenlauer Team - 6300 University Ave.
Edward Jones - 4313 Fleur Drive, Suite 20
Bolton & Hay - 2701 Delaware Ave.
Iowa Beef Steakhouse - 1202 Euclid Ave.
Graziano Bros - 1601 S. Union St.
3801 Grand - 3801 Grand Ave.
Mon.-Fri. 8 a.m. - 4:30 p.m.
Cornerstone Credit Union - 414 61st St.

WEST DES MOINES

Bank Iowa - 1150 Jordan Creek Parkway

GRIMES

Charter Bank - 150 S.E. Gateway Drive

WAUKEE

Charter Bank - 455 Sixth St.

JOHNSTON

Charter Bank - 5526 N.W. 86th St.
Sarah's Hallmark - 6105 Merle Hay Road
Bank Iowa - 5525 Merle Hay Road, Suite 195
Bishop Drumm - 5837 Winwood Drive

ADEL

Lincoln Savings Bank - 805 Main St.

ANKENY

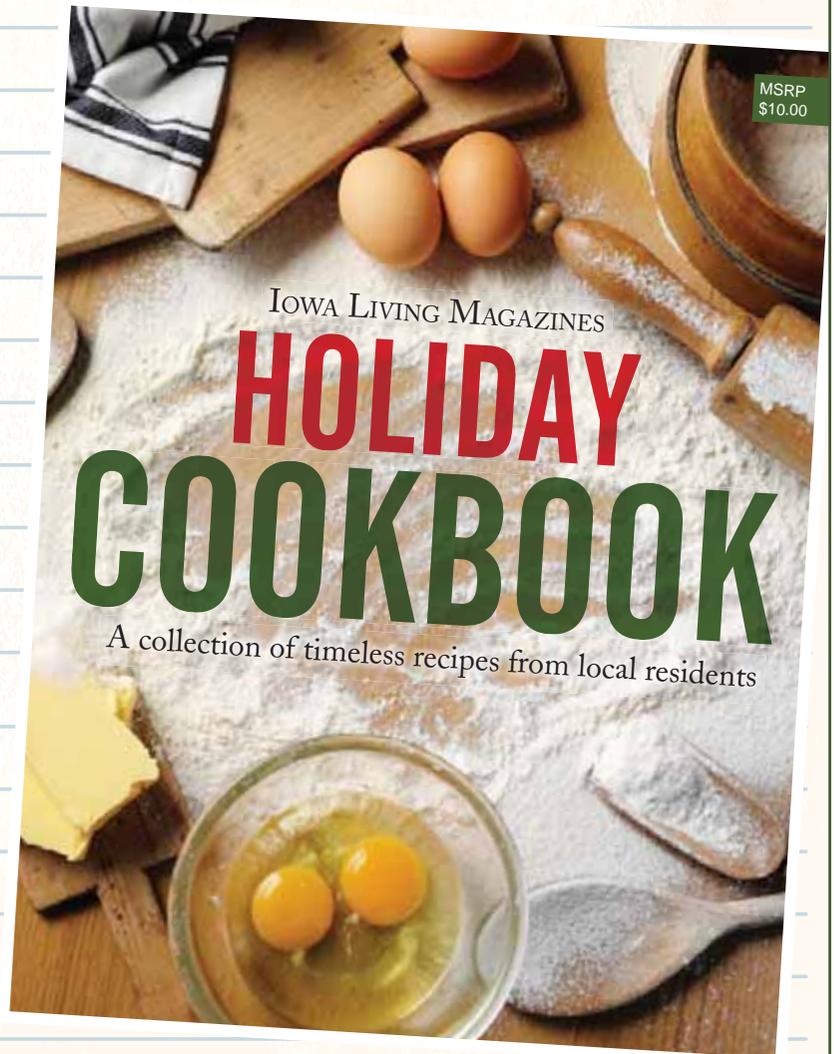
Lincoln Savings Bank - 1375 S.W. State St.
Pennie Carroll & Associates - 1605 N. Ankeny Blvd., Suite 230

CLIVE

Lincoln Savings Bank - 13523 University Ave.

WOODWARD

Picket Fence Creamery - 14583 S Ave.



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