

Windsor Heights Living

January 2016

50324

magazine

GET *moving!*

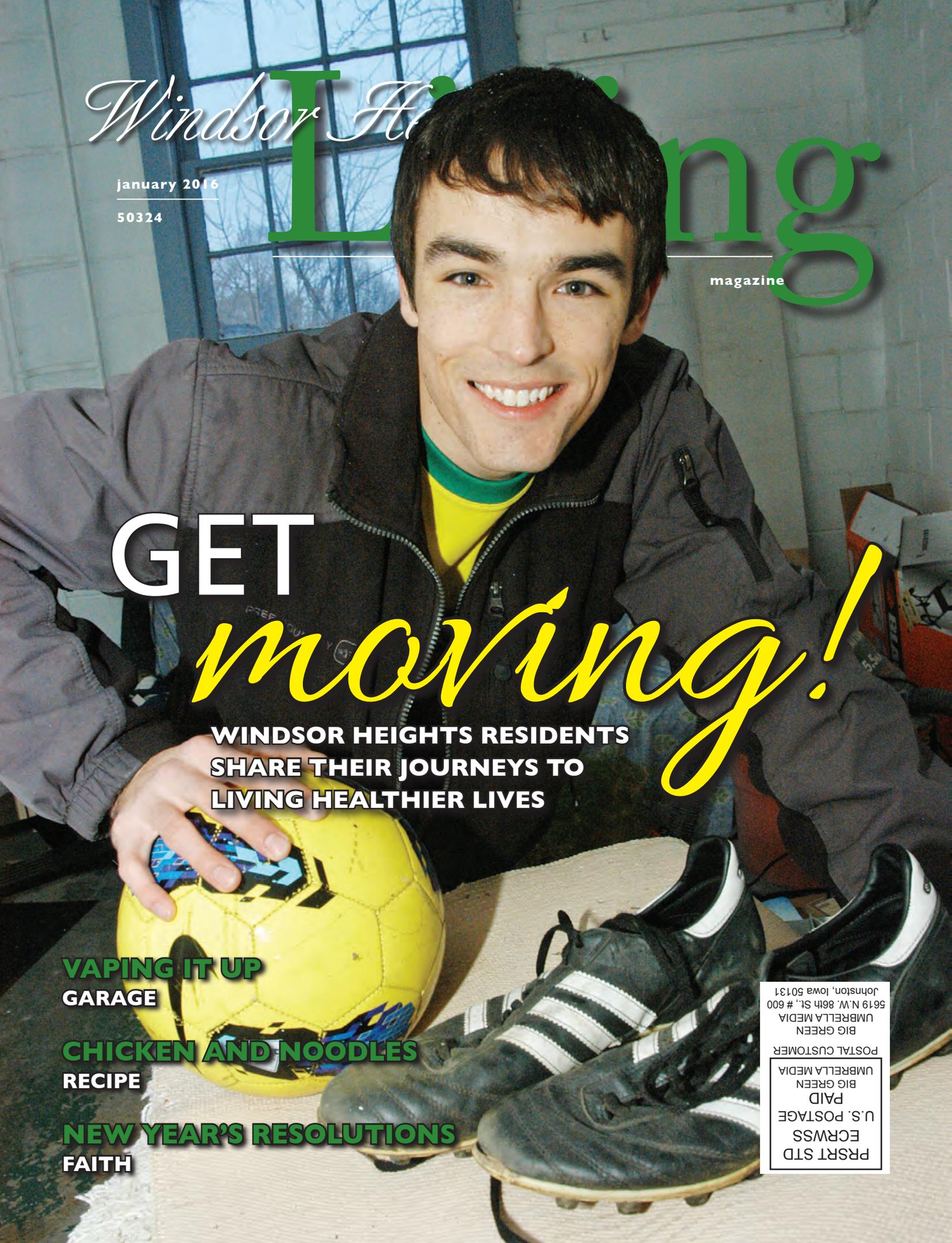
WINDSOR HEIGHTS RESIDENTS
SHARE THEIR JOURNEYS TO
LIVING HEALTHIER LIVES

VAPING IT UP
GARAGE

CHICKEN AND NOODLES
RECIPE

NEW YEAR'S RESOLUTIONS
FAITH

PRRST STD
ECRWSS
U.S. POSTAGE
PAID
BIG GREEN
UMBRELLA MEDIA
POSTAL CUSTOMER
BIG GREEN
UMBRELLA MEDIA
5619 N.W. 86th St., # 600
Johnston, Iowa 50131



FIND YOUR PURPOSE IN RETIREMENT AT



CALL TODAY ABOUT MOVE-IN INCENTIVES!



- Nestled along the Urbandale walking trail
- Close to restaurants, medical and shopping
- Warm, friendly community & activities
- Maintenance-free lifestyle
- Underground parking
- One and two bedrooms, up to 1600 sq. ft.

Lease Options Available – Call Today! See us on [Zillow.com](https://www.zillow.com) and [Realtor.com](https://www.realtor.com)

Leasing: SHARON 515.698.9702

Tours: ANN 515.727.5927 • RONA 515.202.6851

2727 82nd Place in Urbandale | www.ReserveUrbandale.com



WELCOME |

A matter of scale

I am not much for New Year's resolutions. They just don't work for me. I guess I need more than a certain day of the year to provide me with real motivation.



As a grown man who no longer competes athletically or has measurable fitness goals, my body has changed. I no longer diet or exercise as I once did, and the calories in have exceeded the calories out for a few decades now. Something has to change.

I have good intentions of losing weight and eating healthier. When I do work out, I get a tremendous sweat going and burn a lot of calories. But the workouts are not consistent, and my diet is far from healthy. And the older I get, the more I seem to get injured, further preventing consistent exercise.

So now what?

I know the answer, and you do, too. I need to adopt a consistent and low-impact exercise program, and I need to avoid high-calorie and low-nutrition foods. Should be easy, right? Well, if it were, we would all look like magazine models.

For some of us, the wake-up call comes from health scares. Others are motivated by clothes that no longer fit. Some even find inspiration from friends or coworkers who implement healthy lifestyles. For me, right or wrong, motivation continues to come from that number on the dial — which is exactly why I haven't replaced the batteries in my scale.

In our cover story this month, we share results stories from local residents who found that inner motivation to get off the couch and get on the road to healthier lifestyles. Their stories are inspiring, as they have set examples for the rest of us to follow. If the new year provides enough motivation to get you moving in the right direction, then more power to you. As for me, I need to step back on the scale.

Thanks for reading. ■

Shane Goodman
Publisher



Darren Tromblay
Editor
515-953-4822 ext. 304
darren@dmcityview.com

Iowa
Living
magazines

Emily Stanbrough
Advertising
319-430-3792
emily@iowalivingmagazines.com



GET YOUR TICKETS TODAY!

cityview WINTER Brewfest

Sunday, Feb. 28

1-4 p.m.



3530 Westown Parkway
West Des Moines

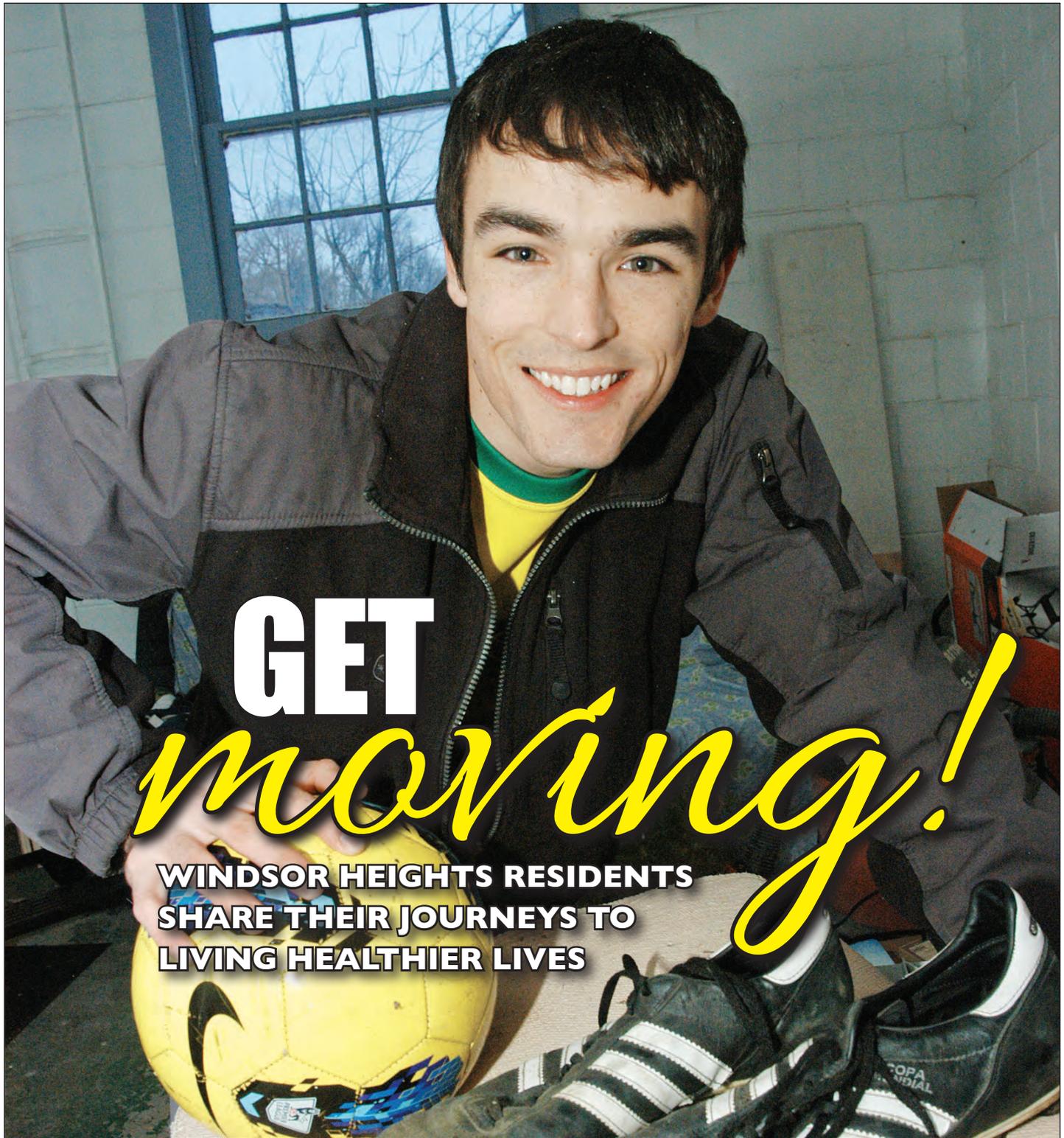
This year's new additions will include an outdoor heated tent, featuring cask beers, along with live entertainment and food trucks. Inside, find more than 80 beers on draft and two full rooms of bottles for sampling.

• Ticket price includes a tasting glass, stocking cap, 32 oz. growler fill and much more. This is your chance to try many hard to find and vintage beers from all over the world.

• Beer list and entertainment will be announced closer to event.



Go to www.DMcityview.com
and click on Events



GET

moving!

WINDSOR HEIGHTS RESIDENTS
SHARE THEIR JOURNEYS TO
LIVING HEALTHIER LIVES

By Jackie Wilson

Matt Woodcock has played soccer nearly all of his life. Photo by Dan Hodges.

As another new year is ushered in, people make resolutions to stay fit and lose weight. We make these declarations in January, and by the time March roars in like a lion, our resolutions go out like a lamb — or more like a thud — onto

the couch.

But a few Windsor Heights residents don't make resolutions; they form realistic exercise habits and discover ways to stay motivated year after year.

Age is just a number for getting and

staying in shape, as demonstrated with the folks we talked to. You'll meet a 79-year-old woman who started a new exercise routine in her 60s. We also spoke to a 24-year-old man who continues his passion for soccer into adulthood. And we've provided insight from a

FEATURE |

29-year-old Camp Dodge fitness instructor and trainer who shares his top motivational tips for staying healthy.

Tai chi, golf and more

Jane Rider, 79 has stayed fit most of her lifetime. Her age hasn't slowed her down, and she says she's proof that you can learn a new exercise late in life.

In her early 60s, Rider took a tai chi class from a Drake University professor who hailed from China. Tai chi is a centuries-old Chinese martial art that descends from qigong, an ancient disciple with roots in traditional Chinese medicine.

Tai chi consists of slow meditative body movements that originally were designed for self-defense and to promote inner calm and mental control. It's also a type of "moving meditation," similar to yoga practice. Rider does it to help with her balance, keep her limber and help her gain confidence with everyday movements, such as walking, sitting, bending and reaching.

Another reason tai chi is important is to maintain a strong core, which helps avoid falls.

"Falling is a big thing for people my age. I simply don't want to fall and injure myself," says Rider, who has successfully kept good balance and avoided falls since beginning the practice.

In addition to her tai chi practice, Rider golfs with a ladies' golf league group, playing 18 holes each Tuesday in the summer. For a long time, Rider golfed with a friend who was in her 80s and 90s, and she hopes to follow in her footsteps.

"I have a lot of respect for her — she was a good player,



Jane Rider enjoys the calming energy of practicing tai chi in her home. Photo by Dan Hodges.

LET **RAMSEY VILLAGE** TAKE AWAY ALL YOUR WORRIES OF...

LAWN CARE • SNOW REMOVAL • HOUSE KEEPING

NO BUY IN COMMUNITY

Time to enjoy life and trade your household responsibilities for the joys of retirement living. Come enjoy a wide range of activities in all levels of care from community outings to crafts, exercises, devotions and music.

LIVING OPTIONS LISTED

- INDEPENDENT
- SKILLED REHABILITATION
- ASSISTED LIVING MEMORY
- RESPITE
- RESIDENTIAL CARE
- LONG TERM CARE
- ADVANCED MEMORY



SCHEDULE
A TOUR
TODAY
and receive a
delicious home
cooked meal!



RAMSEY VILLAGE
CONTINUING CARE
RETIREMENT COMMUNITY

1611 27TH ST, DES MOINES, IA 50310 | 515.809.0608
-located in the historic Drake University neighborhood.

FEATURE |

too,” says Rider of her golfing buddy.

As a 50-year resident of Windsor Heights, Rider says the community is great for outdoor activities and good social interaction. She takes advantage of the bike trails near Clive School. She'll bike sometimes; other times she brings her golf club (yes, her golf club) on the walking trail. Along with the club, she'll bring a wiffle ball and take a practice shot with her club as she walks along the trail.

Often the wiffle ball may land in a neighbor's yard. She'll comment that she's "just playing through," and she'll be out of the yard in no time.

Rider laughs and says, "Last Halloween a neighbor came to the door with his child and said 'That's the lady who carries her golf club on walks and putts on our lawn.'"

Besides wanting a low score on her golf card, the exercise just feels good to her.

"When I'm outside, I feel like I'm communing with nature," says Rider.

Rider says age doesn't get her down, and she's open to try new fitness pursuits. She exercised since high school, tried water aerobics, fitness classes, biking and more. Exercising helps keep her arthritis at bay, and it's mentally soothing.

"Exercise is a good way to keep away the

'black dog of despair' (as quoted by Winston Churchill)," she says.

Simply put, working out helps chase the blues away for Jane Rider.

Soccer starts young, continues as adult

Although 24-year-old Matt Woodcock has not exercised as long as Jane Rider, he still plays the same sport that he played in childhood — and continues to take part in it — for more than half of his life.

Woodcock was active at an early age, mainly to keep up with his older brothers and try to beat them at outdoor activities. He then began playing soccer in elementary school after watching his brothers play. He played in high school and college and continues today as an adult. Woodcock currently plays competitive soccer at the Soccer House in winter. In the summer, he participates in the Des Moines Ultimate league and soccer leagues.

When not at practice, he keeps in shape for soccer by running and doing body weight exercises, such as pushups and sit-ups, at his home in Windsor Heights. He doesn't belong to a gym. He says it's easier to go to the basement and work out instead of hitting an

expensive gym.

"Sometimes it's just more convenient to work out at home than go to a gym," says Woodcock.

Exercise is an important aspect of his life, but it doesn't seem like work to him.

"When I'm out on the soccer field, I often forget that I'm exercising. It's a lot of fun," says Woodcock.

Woodcock encourages others to begin exercising now with straightforward advice.

"There's no better time than the present to get up and get active," he says.

Top tips from a local pro

It's Andrew Minear's job as senior activities assistant for the Iowa Army National Guard to help military and law enforcement personnel get into shape and pass their military physical training tests.

The Camp Dodge trainer and instructor shares some tips for those who want to start getting fit on their own.

Find your motivation

Minear says it's important to first identify why you want to change. Do you want to lose weight? Run a 5K? Keep your job? Or feel strong enough to perform everyday activities?

New Year. New Rate.

1.30%

Interest Rate
and Annual
Percentage
Yield (APY)
7 - 27
month terms

**A Bankers Trust flexible CD lets you pick
the term from 7 months to 27 months.**

Windsor Heights Location | 7000 University Avenue



[f](#) [in](#) (515) 271-1000 • [BankersTrust.com](#)

Minimum balance to obtain APY is \$1,000.00. Minimum balance for minors to obtain APY is \$500.00. Minimum balance for IRAs to obtain APY is \$200.00. Minimum balance for Auto-Save IRAs to obtain APY is \$50.00. Penalty for early withdrawal. Fees may reduce earnings. The interest rate and APY are effective as of January 4, 2016, and are subject to change without notice. Stated APY based on 12-month term. APY may vary if another term is selected. Available only for customers holding accounts for personal, family or household purposes. Not valid with any other promotional offers. Interest rates will not automatically apply to Certificates of Deposit that are automatically renewing during this promotion.

HSA CD Requirements: 1) You must maintain a Health Advantage Checking account at Bankers Trust in conjunction with the HSA CD. 2) The HSA CD must be funded from the Health Advantage Checking account. 3) If you request HSA CD interest be paid to you (as an alternative to adding the interest back to the HSA CD), it must be transferred to your Health Advantage Checking account. 4) If you redeem (cash out) the HSA CD, the money must be transferred back to your Health Advantage Checking account. 5) The Bankers Trust Wellness Option - which permits penalty-free early withdrawals from CDs if the funds are used for medical expenses - does not apply to the HSA CD. Early withdrawals of principal made for any reason, including medical expenses, are subject to penalty.

FEATURE |

"It's important to understand what motivates a person," says Minear. "For some, it's because they don't like what they see in the mirror. For others, their motivation is to be around for their children or grandchildren."

Once he knows the "why," Minear says he then helps people to focus on the positive aspects of that reason rather than the negative thoughts. For example, instead of focusing on negative — such as "don't eat fried foods" — he tries to help people focus on positives, such as what they'll receive from practicing healthy habits.

"For example, a positive turnaround may be, 'If I'm physically fit, then I can play ball with my child,'" Minear says.

Start out gradually

Minear recommends setting very small goals — especially if it's been a while since you exercised. For instance, start out walking two days a week for 15 minutes at a time. Or limit eating out to one day a week, instead of three days a week. Then gradually add in a vegetable to your diet and take out a refined carb.

"Most people will go all out and then burn out from too many changes all at once. Or, they'll get sore, injure themselves and quit," says Minear. "Start out and incorporate just



Andrew Minear, a trainer and fitness expert, helps the Iowa Army National Guard train for military fitness tests at Camp Dodge. Photo courtesy of Iowa National Guard.

one change at a time; then get used to that for a while. After that habit or change comes naturally, then replace another unhealthy habit with a better one."

Banish excuses

We've all used the excuse, "I don't have

time." Minear counters that with another question:

"When will you make time?" he asks.

"If it's important enough to you, then you make time for this change in your life," says Minear. "Everyone has 'time' to cut back on calories. Even just a small change, such as skipping second helpings — you have time for. So as far as healthy eating goes, the 'I don't have time' argument doesn't work."

Remember — baby steps

The body gets efficient at burning calories at your current weight or fitness level. Then, if you shed pounds quickly, the body is not sure how to react. It takes time for the metabolism to adjust and once it does, more noticeable changes will show up in your body.

Minear says to celebrate small goals and give yourself credit, whether it's walking two extra blocks or running a 5K.

"It's a series of baby steps," says Minear. "You begin with one step, then these steps add up. After you've attained one goal, set another goal. Soon you'll gain more confidence at meeting other goals."

So, if you just now got up off the couch, it's time to celebrate. And then start on the next goal. ■

Your home. Your care. Your pace.

Our program provides a complete system of health care. The service is called PACE[®], which stands for: **P**rogram of **A**ll-inclusive **C**are for the **E**lderly. We provide primary and hospital care as well as prescription drugs, transportation and so much more to our participants. Services are provided in the home, at the PACE[®] Center and in the community.

PACE[®] participants may be fully and personally liable for the costs of unauthorized or out-of-PACE[®] program services. Emergency services are covered. Participants may disenroll at any time.

For complete program details and benefits, please call **515-270-5000** or visit www.immanuel.com.



 **Immanuel**
pathways

Your home. Your care. Your pace.

Serving Central Iowa in the Counties of Polk, Marshall, Story, Boone, Dallas, Madison, Jasper, Warren & Marion
7700 Hickman Road | Windsor Heights, IA 50324 | 515-270-5000

Serving Southwest Iowa in the Counties of Pottawattamie, Mills & Harrison
1702 N. 16th Street | Council Bluffs, IA 51501 | 712-256-7284

Creating a trust for your children

By Charlotte Sucik

The start of school focuses our attention on children. If you and your spouse both pass away, what will happen to the money you leave to your children? It is sometimes difficult for parents to plan for their children's financial futures, especially if the parents are no longer alive, however rare this may be. But all it takes is one accident involving you and your spouse for these issues to impact your family.

Iowa considers children under 18 as legally incompetent. If your children are minors when they inherit money, the court will create a conservatorship. This is a legal entity established to manage the money. A conservator will be appointed by the court and that person will be in charge of the money.

A conservator may use the funds for the benefit of your children, but almost all expenditures require prior court approval. The conservator must make annual reports to the court of income and expenses. Often, the conservator must post a bond. The bond, court costs and attorney's fees are all expenses that will be paid from the money you left your children.

Regardless of your children's financial maturity, a conservatorship ends when the ward turns 18. The teenager is free to spend the money as he or she wishes, without court oversight.

A better alternative for most is to create a trust in their last will and testament. Both a trust and a conservatorship hold the money for the wards' benefit, so the money is preserved for your



children. A trustee and a conservator have similar roles — they are duty-bound to manage the money wisely and preserve it for the child's benefit. However, the trust in your will can waive the bonding requirement, the court oversight and annual reporting. You can nominate a family mem-

ber or trusted friend to manage your assets instead of allowing a court-appointed conservator.

The trust also allows you to decide when to terminate the trust. While a conservatorship terminates at age 18, your testamentary trust can terminate at any age you choose. Many parents want their children to have full access to the assets at age 22, 25 or later.

A simple will that contains a child trust is an easy and inexpensive way to prevent problems in the future. ■

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

PREPARE FOR THEIR FUTURE

DO YOU NEED TO UPDATE YOUR WILL?

SEE US FOR HELP WITH

- Trusts ■ Wills ■ Power of Attorney
- Advanced Directives ■ Estate Planning
- Guardianships and Conservatorships



SUPERIOR SERVICE. LEGAL SOLUTIONS.
EXPERIENCED ATTORNEYS SINCE 1987



ABENDROTH and
RUSSELL LAW FIRM

2560 - 73rd Street ■ Urbandale
515.278.0623 ■ www.ARPCLaw.com

WHAT'S IN YOUR GARAGE



Herb Garrison, owner of Maple Vape, stands in front of one of his juice cases that holds a plethora of vaping flavors to choose from. Photo by Lisa Verhey-Budding.

Vaping it up

Garrison helps people kick the habit

By Lisa Verhey-Budding

Garage space can be used in many different ways. For Herb Garrison, 41, owner of Maple Vape in Windsor Heights, the garage is used to help store supplies. Maple Vape is an electric cigarette and vapor store, located at 6555 University.

Garrison opened his business seven months ago after serving 16 years in the United States military. He says he finds owning a business has grounded him and brought him to a place in life where he can be happy.

"I just kind of happened into it," Garrison says. "I thought the whole vapor and e-cig concept was really interesting. It is an alternative to smoking that helped me out a lot when I wanted to quit smoking. And it is really popular right now."

Garrison says he had smoked from the time he was 15 years old until he was about 35.

"It seemed like I had been smoking forever," he says. "When I started quitting with the e-cig, I started out with the nicotine level at 24 and am now down to a level three. The juices you can buy go

from zero to 24. I still like a little kick in my juice. I feel so much better, don't smell like an ashtray anymore and am having fun teaching the community about how easy it can be to stop smoking with the vapors and juices here at the store."

The "juice" is the liquid that is put into the electric cigarette vessel, that, when lit, creates the scented and flavorful vapors that are expelled from the device.

"There is an unlimited amount of choices when it comes to the flavors of the vapors you can buy. You can get anything from churro to any berry under the sun and so much more. A popular one here is blue-raspberry slushy," he says.

Garrison says the price on really good e-cigs has come down a lot since the inception of the vaping concept.

"It used to cost in the area of \$300 or more to get entirely set up with a good e-cig. Now you can get the whole works in the range of \$100 to \$120," he says. "It makes me feel good to be able to help people get out of the smoking habit." ■

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

EDUCATION

Meet Sarah Mohrfeld

Preschool teacher enjoys her students' discoveries

By Rainey Cook

It's been nine years since Sarah Mohrfeld started teaching at St. Theresa Catholic School on University and Hickman Road. Her two preschool classes are divided by morning and afternoon. The approximate 20 students in each class keeps even her excitement high as she watches them learn new things every day.

"Their excitement is infectious," Mohrfeld says. "They are constantly discovering something new, and they really do get excited over the tiniest of things."

January's excitement will continue as these preschoolers travel to the Civic Center and the Des Moines Playhouse to see storybooks come alive during three plays. "Goodnight Moon," "Runaway Bunny" and "The Snow Queen" are three popular preschool stories most children know.

Although it may seem like just a field trip, much work goes into trips such as these. Daily work on social skills, feelings, how to solve problems and being able to join a group are all important tasks Mohrfeld takes very seriously.

Academically, the group studies letters and sounds. They have volunteers come in to read and talk about books. This all happens every day, three hours a day, five days a week. For Mohrfeld, it's doubled as her afternoon class comes in wide awake and ready to learn the same curriculum as the morning class.

Of course, there is always time for laughter. During prayer,



Sarah Mohrfeld teaches preschool at St. Theresa Catholic School. Photos by Rainey Cook.

Mohrfeld was teaching "pray for our sinners." One student eagerly picked up the prayer, and on his own she overheard him "praying for our centers." Although there are learning centers at preschool with various skills to acquire, this was not exactly what she wanted them praying about.

Another appreciation Mohrfeld has for St. Theresa Catholic School is the parents and families she gets to know. Parents are highly involved in their child's learning and development.

"Everyone is like one big family here," Mohrfeld says. "My parents still volunteer here, and my mom is in today reading to my preschoolers."

Mohrfeld is a graduate of St. Theresa Catholic School and is originally from West Des Moines. When not teaching, Mohrfeld enjoys reading and playing basketball and volleyball. She likes to bake and put puzzles together with her toddler. ■

Q: What do you like best about your teacher?



Stella Shaw:
"Giving hugs."



Reece Ward-Ballard:
"Reading books."



Kaitlin Wisniewski:
"I like her shirt, and I like playing with sand."

Hello, neighbor!

Please stop by
and say, "Hi!"

I'm looking forward to serving
your needs for insurance and
financial services.

Like a good neighbor,
State Farm is there.®

CALL ME TODAY.

 **State Farm™**



Matt Cale, Agent
6733 University Avenue
Windsor Heights, IA 50324
Bus: 515-280-9000
matt.cale.nqwd@statefarm.com

1001013.1

State Farm, Home Office, Bloomington, IL

INSURANCE |

Talking about fire safety

Teach your children about hazards

By Matt Cale

You've equipped your home with all the necessary precautions for a fire. But smoke detectors and fire extinguishers aren't enough to keep your children prepared. Equip your family with safety knowledge by teaching them about fire hazards and how to react if a fire sparks in the home.

Identify your home's hazards

The majority of fire hazards in the home are in the kitchen. The most important lesson for young children to learn in the kitchen is that the stove is hot, and they should keep away from it when it's in use. When your children are older and ready to begin cooking for themselves, then you can instruct them further on individual appliance safety and extinguishing cooking fires.

Playing with matches is another major source of home fires. Teach children not to pick up matches or lighters they may find, but to tell an adult immediately.

You should also inform your children about the following hazards:

- Aerosol cans: These can explode if placed near stoves, radiators or other sources of heat.
- Candles: Candles can start fires if placed near flammable materials, and their hot wax can burn skin. Never let children light candles, and get in the habit of blowing out any candles before leaving a room.
- Electrical cords: Fraying cords can ignite a fire, so show children how to recognize one.
- Lamps: Explain that paper or cloth over a lamp can start a fire.



Stop, drop and roll

Teaching children this important safety move can prevent serious burns if their clothes are on fire. Have them demonstrate the steps for you, and remind them to cover their face and mouth.

Practice with games

A good way to get children involved in fire safety is by making practice fun. A fire drill every few months will get children interested with the change in routine. Start the drill with a smoke alarm, so children can recognize the beep as an early warning to fire. Have them follow an evacuation plan, and make sure they know the chosen safe spot to meet outside the house.

9-1-1 is no joke

Children old enough to understand the telephone should be taught to call 9-1-1 at the first sign of an emergency, provided they have first gotten themselves to safety. Kids may think it's funny to prank call 9-1-1, so stress that it is against the law and carries consequences.

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



Comfort food

Hearty, delicious results with little effort

By **Marchelle Walter Brown**

As we enter into the new year, most of us are exhausted and trying to bounce back from all of the hustle and bustle of the holidays. However, there still is a need to keep the household going and put food on the table.

These chicken and noodles have become a family favorite and quickly became a “cook’s choice” meal at our house. They’re hearty and warming, they’re delicious, and they’re easy; so easy that sometimes I feel like I’m cheating because I didn’t start with a whole chicken. This is comfort food at its best.

This is also a great go-to recipe when you need something for a fall and winter potluck gathering. ■

Slow cooker chicken and noodles

Ingredients

- 4 boneless, skinless chicken breasts
- 2 cans cream of chicken soup
- 4 cans (14-1/2 ounces) chicken broth
- 3/4 stick of butter
- 1 teaspoon black pepper
- 16 ounces of your favorite egg noodles (homemade or pre-packaged)

Directions

1. Place the chicken breasts in the bottom of a slow cooker. If they are

extremely thick, you can use two and cut them in half.

2. Add the rest of the ingredients except the noodles, stir to mix and cook on low for about 6 hours.

3. Stir in the noodles and cook an additional hour.

You can easily adjust the amount of broth and/or noodles toward the end of the cooking time depending on your preference of consistency.

Make positive lifestyle changes

Fill this new year with good things

By **Susan Ray, executive director, The Reserve**

It’s that time of year again; we say good-bye to 2015 and hello to 2016. As we welcome the new year, we may feel as though we have to turn over a new leaf or make commitments to change our ways. Traditionally, New Year’s Day has been tagged as the ideal time to kickstart a new phase in your life. It is the time when we must make the all-important New Year’s resolutions.

It is important to remember that the new year isn’t meant to serve as a stimulus for enormous character changes. It is a time for people to reflect on their past year’s behavior and promise to make positive lifestyle changes. What are your goals for the upcoming year? Goals give our life direction. What good would you like to attract this year? What would you like to do or accomplish? What positive lifestyle changes would you consider for 2016?

With the new year ahead of you, perhaps you consider it a challenge to live a life being characterized by caring, kind and sharing behaviors with others each and every day. Your conduct begins with a gentle approach. Your wisdom and past life experiences will enable you to help a friend in need. Use your strength and courage to lend a helping hand or a shoulder to cry on. Some days this approach might take a little more energy than others. People need people, and



you can fill your life with the peace of offering others a helping hand.

The year ahead of you is like a blank page and you are the designer. Cover the page with good things. Make a choice to fill each day throughout the new year with things that bring you joy. The joy will be a means to happiness. Happiness results in positive physical and mental well-being. Focus on the happiness you are filled with and the happiness you share with others. Avoid the trap of negativity; rather, count your blessings each day. A heart filled with love is a happy and peaceful way to live your life.

The new year lies before each of us. You are in control of how you will live your life through 2016. May your choice be to start and finish the new year with joy and hope in your heart. Wishing you a year full of happiness, hope and health — Happy New Year. ■

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

FIGHT FOR AIR CLIMB 2016

The Windsor Height Firefighters and Windsor Heights Police Department will participate in the *Fight for Air Climb* in April 2016. As the largest fundraising climb program in the country, the *Fight for Air Climbs* make a significant impact on those affected by lung disease. The funds we raise support research, education and patient programs to help the millions of Americans impacted by asthma, COPD, lung cancer, air pollution and other lung diseases. Last year, the Windsor Heights Firefighters raised \$1,500 for this event. The Windsor Heights Police Department raised \$900 and received a team award for top fundraiser for law enforcement. Their goal is to surpass that amount. Keep watch on our website, Facebook and the Wave for more information as the event nears. Donations can be made online the information listed on our website under the event tab.

SUSTAINABLE SERIES

This will be the fifth year for the Sustainable Living Spring Educational Series at the Windsor Heights Community and Events Center located in Colby Park at 6900 School Street, Windsor Heights, Iowa 50324. The City is excited about the variety of presentations lined up this year for its residents. Starting on Tuesday, February 24th and continuing on the fourth Tuesday of each month through May, we hope the information provided will assist homeowners in our efforts in becoming a greener community. Mark your calendars for:

- February 23, 2016** 7:00–8:00 PM
- March 22, 2016** 7:00–8:00 PM
- April 26 2016** 7:00–8:00 PM
- May 24, 2016** 7:00–8:00 PM

ADVISORY FROM THE POLICE DEPARTMENT

The Windsor Heights Police Department has received several complaints about a telephone IRS scam. Make sure you know who you are speaking with and who you are giving your information out to. A few things to know:

- 1) These calls are typically coming from an out of state number and the caller will usually tell you that you owe money and need to pay this money immediately or be subject to criminal charges. However, the IRS will not call and demand immediate payment and, if they do call to speak with you about a tax issue, you will have received something in the mail about this prior to the phone call.
 - 2) The IRS will not insist that you pay taxes without first giving you the opportunity to question or appeal the amount you owe.
 - 3) The IRS will not insist that you pay by any specific method, such as a pre-paid debit card or a wire transfer.
 - 4) The IRS will not ask for credit or debit card numbers over the phone.
- If you believe that you have a tax issue or may owe money to the IRS, call the IRS yourself so that you know who you are speaking with and try to work out a payment plan at 800-829-1040. If you believe that the call is a scam and that you do not owe any money to the IRS, report the incident to the Treasury Inspector General for Tax Administration (TIGTA) [<http://www.treasury.gov/tigta/>] or call 800-366-4484 or contact the Federal Trade Commission [<http://www.ftc.gov/>] and use their FTC Complaint Assistant. Make sure to add IRS telephone scam in the comments. If you are still not sure what to do and need further assistance contact the Windsor Heights Police Department at 515-277-4453.

WINTER WEATHER REMINDERS

With winter upon us, the City of Windsor Heights would like to remind residents of the ordinances that pertain to snow and ice. If you have any questions or concerns about the City's snow ordinance, please do not hesitate to call City Hall at 279-3662.

What are the rules regarding parking a vehicle on the street during the winter?

City code states that it is unlawful to park on any street during the time of any snowfall and within the 24 hours following the end of the any snow event (60.10.10). Any vehicle parked on the street during a snowfall or within 24 hours after a snowfall faces the possibility of receiving a \$25 parking ticket and/or impoundment. It is important to remember the times when you cannot be parked on the street and that the snow ordinance automatically goes into effect when snow begins to accumulate. This allows for timely removal of snow from the streets and is needed to maintain the safety of our main thoroughfares to get emergency response apparatus to residential areas expeditiously.

What about my sidewalks during or after it snows?

It is the responsibility of the abutting property owners to remove snow and ice accumulations promptly from sidewalks. If the property owner does not remove snow and/or ice accumulations within a reasonable time, the City may do so and ultimately assess the costs against the property owner for collection in the same manner as property tax. For purposes of enforcement, a reasonable time period is generally 48 hours after the snow or ice accumulations end. While the City realizes it can be frustrating to finish clearing your driveway and then have the plow come by, the snow removal policy adopted by the City Council indicates that snow placed in driveways by City plows is the responsibility of the property owner to remove. Snow from a private driveway may not be placed on or pushed across a City street.

2016 PET LICENSE REGISTRATION

The time to register your pets for 2016 is coming up. All pet owners must register their animals January 1 through March 31. Even if renewing, please bring a copy of your pet's current rabies certificate or bring a copy of your 2015 pet license. The fee for fixed animals is \$10 and un-fixed is \$20. Pet Licenses are available at the Windsor Heights Public Safety Building located at 1133 66th Street. The 2016 Pet License Application is available on the Windsor Heights website at www.windsorheights.org. If you have any questions, please call the Police Department at 277-4453. Reminder to pet owners: even if registered, pets are never permitted to run at large in the city and must be on a leash or confined at all times. All pet ordinances are in Chapter 55.





Windsor Heights
2015
Memories

CALENDAR

Thursday Jan. 21

- RHS Bowling: Boys JV/V vs. DM Lincoln, 3:30 p.m. @ Bowlerama
- RHS Wrestling: JV/V Meet, 5:30 p.m. @ Indianola
- DCHS Basketball: Boys JV vs. DCG, 7 p.m. @ DCHS

Friday Jan. 22

- LEGO Fridays, all day, Franklin Avenue Library
- RHS Basketball: Boys 10/9/V vs. Indianola, 4:45/6:15/7:45 p.m. @ IHS
- RHS Basketball: Girls JV/V/9 vs. Indianola, 4:45/6:15/7:45 p.m. @ IHS
- DCHS Basketball: Boys 10/9/V vs. Urbandale, 4:45/6:15/7:45 p.m. @ DCHS
- DCHS Basketball: Girls JV/V/9 vs. Urbandale, 4:45/6:15/7:45 p.m. @ DCHS

Saturday Jan. 23

- Visit the Art Cart, 10 a.m. - 4 p.m., Franklin Avenue Library
- RHS Wrestling: Varsity Ed Winger Invite, 9 a.m. @ Urbandale
- RHS Swimming: Boys JV/V Invite, Noon @ DM Lincoln
- RHS Basketball: Boys 10/V vs. Cedar Rapids Washington, 4/5:30 p.m. @ RHS
- DCHS Wrestling: JV Invite, 9 a.m. @ DCHS
- DCHS Wrestling: Varsity Ed Winger Invite, 9 a.m. @ Urbandale
- DCHS Wrestling: Boys Varsity Meet, 11 a.m. @ Summit MS

Monday Jan. 25

- 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
- GDMP – Annual Dinner with Tom Brokaw. This is an annual event open to Members and Non-Chamber Members. There is a limited number of tickets for the Chamber Table.

Please contact Edey for more information. 5-8 p.m., Community Choice Credit Union Convention Center

- RHS Bowling: Boys/Girls JV/V vs. Bondurant-Farrar, 3:15 p.m. @ Air Lanes
- RHS Basketball: Boys JV/9B vs. Marshalltown, 7/8 p.m. @ RHS
- DCHS Swimming: Boys JV Meet, 5 p.m. @ WDM Valley
- DCHS Basketball: Boys JV/9B vs. Urbandale, 7/8:15 p.m. @ DCHS

Tuesday Jan. 26

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers. Join us in the Children's Area to enjoy a story and make a related craft. Ages 3-8. 4-4:50 p.m., Franklin Avenue Library
- The Iowa Caucuses: Appearance and Reality, Dennis Goldford, Drake University professor, political analyst for KCCI-TV and co-author of "The Iowa Precinct Caucuses: The Making of a Media Event," will speak on the history of the Iowa caucuses and analyze the 2016 races. 6:30-7:30 p.m., Franklin Avenue Library
- RHS Basketball: Boys 10/9/V vs. DM East, 4:45/6:15/7:45 p.m. @ RHS
- RHS Basketball: Girls JV/V/9 vs. DM East, 4:45/6:15/7:30 p.m. @ RHS
- RHS Swimming: Boys Varsity vs. Boone, 5:30 p.m. @ RHS
- DCHS Wrestling: JV Invite, 4:30 p.m. @ DCHS
- DCHS Basketball: Boys 10/9/V vs. Ankeny Centennial, 4:45/6:15/7:45 p.m. @ ACHS
- DCHS Basketball: Girls JV/V/9 vs. Ankeny Centennial, 4:45/6:15/7:45 p.m. @ ACHS

Wednesday Jan. 27

- Toddler Storytime. Come share stories, songs, and fingerplays followed by a craft in the children's area. Ages 18 months-3 years. 10:15 a.m. and 10:50 a.m., Franklin Avenue Library
- Planning and Zoning, 5 p.m.,

Public Safety Building

- DCHS Bowling: Boys/Girls JV Invite, Noon @ Val Lanes

Thursday Jan. 28

- DCHS Bowling: Boys/Girls JV/V vs. Johnston, 3:45 p.m. @ DCHS
- DCHS Basketball: Boys 9B vs. Ankeny, 7:30 p.m. @ DCHS
- DCHS Basketball: Boys 10B vs. Urbandale, 7:30 p.m. @ UHS

Friday Jan. 29

- LEGO Fridays, All day, Franklin Avenue Library
- RHS Wrestling: Varsity Invite, 4 p.m. @ SEP
- RHS Basketball: Boys 10/9/V vs. DM North, 4:45/6:15/7:45 p.m. @ NHS
- RHS Basketball: Girls JV/V/9 vs. DM North, 4:45/6:15/7:45 p.m. @ NHS
- DCHS Wrestling: Varsity Invite, 3:30 p.m. @ SEP
- DCHS Basketball: Girls JV/V vs. WDM Valley, 4:45/6:15 p.m. @ VHS
- DCHS Basketball: Boys 10/V vs. WDM Valley, 4:45/7:45 p.m. @ VHS
- DCHS Basketball: Girls/Boys 9th vs. WDM Valley, 4:45/6:15 p.m. @ Valley Southwoods

Saturday Jan. 30

- Visit the Art Cart, 10 a.m. - 4 p.m., Franklin Avenue Library
- RHS Wrestling: JV Invite, 9 a.m. @ VHS
- DCHS Wrestling: JV Invite, 9 a.m. @ WDM Valley
- DCHS Basketball: Girls JV/V/9 vs. DM East, 11:30 a.m./12:30 p.m. @ EHS
- DCHS Basketball: Boys 10/9/V vs. DM East, 11:30 a.m./12:30 p.m. @ EHS

Monday Feb. 1

- 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, "The Art of Crash Landing" by Melissa DeCarlo. 1-2 p.m., 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
- RHS Basketball: Boys JV/9B vs. Indianola, 7/8 p.m. @ IHS
- DCHS Bowling: Boys/Girls JV/V vs. Waukee, 3:30 p.m. @ Warrior Lanes
- DCHS Basketball: Boys 9B vs. DM North, 7 p.m. @ NHS
- DCHS Basketball: Boys JV vs. WDM Valley, 7 p.m. @ VHS

Tuesday Feb. 2

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers. Join us in the Children's Area to enjoy a story and make a related craft. Ages 3-8. 4-4:50 p.m., Franklin Avenue Library
- Groundhog Day
- Celebrate Windsor Heights, \$25. 5-7 p.m., Windsor Heights Community Theater
- RHS Basketball: Girls JV/9 vs. DM Lincoln, 4:45/7:45 p.m. @ Callanan MS
- RHS Basketball: Boys 10/V vs. DM Lincoln, 4:45/7:45 p.m. @ RHS
- RHS Wrestling: JV/V Meet, 5:30 p.m. @ DM East
- RHS Basketball: Boys 9th vs. DM Lincoln, 6:15 p.m. @ Callanan MS
- RHS Basketball: Girls Varsity vs. DM Lincoln, 6:15 p.m. @ RHS
- DCHS Basketball: Boys 10/9/V vs. SEP, 4:45/6:15/7:45 p.m. @ DCHS
- DCHS Basketball: Girls JV/V/9 vs. SEP, 4:45/6:15/7:45 p.m. @ DCHS
- DCHS Wrestling: JV/V Meet, 5:30 p.m. @ DM East

CALENDAR

Wednesday Feb. 3

- Toddler Storytime. Come share stories, songs, and fingerplays followed by a craft in the children's area. Ages 18 months-3 years. 10:15 a.m. and 10:50 a.m., Franklin Avenue Library

Thursday Feb. 4

- RHS Bowling: Boys Varsity Invite, 2 p.m. @ Champion Bowl
- RHS Bowling: Girls JV/V Invite, 2 p.m. @ Champion Bowl
- DCHS Wrestling: JV/V Meet, 6:30/7:30 p.m. @ DCHS
- DCHS Basketball: Boys 9B vs. Ankeny Centennial, 8 p.m. @ DCHS

Friday Feb. 5

- LEGO Fridays, All day, Franklin Avenue Library
- Rider Pride Game, 7 p.m., TRHS Main Gym
- DCHS Basketball: Boys 10/9/V vs. Johnston, 4:45/6:15/7:45 p.m. @ JHS
- DCHS Basketball: Girls JV/V/9 vs. Johnston, 4:45/6:15/7:45 p.m. @ JHS

Saturday Feb. 6

- Clifford Visits the Library. Clifford the Big Red Dog is coming to the Des Moines Public Library with his friend, Dan Wardell, from IPTV. 10:30 a.m. and 11:30 a.m., Franklin Avenue Library
- Friends of the Franklin Avenue Library, Everyone is invited to the quarterly meeting of the Franklin Avenue Friends. 1-2:30 p.m., Franklin Avenue Library
- RHS Basketball: Girls 9th vs. Johnston, 10 a.m. @ JHS
- RHS Basketball: Boys 9th vs. Johnston, 11:30 a.m. @ JHS
- RHS Basketball: Boys 10/V vs. Johnston, 1/5:30 p.m. @ JHS
- RHS Basketball: Girls JV/V vs. Johnston, 2:30/4 p.m. @ JHS
- DCHS Basketball: Boys 9/10/V vs. DM Lincoln, 10/11:30 a.m./2:30 p.m.

- @ DCHS
- DCHS Basketball: Girls 9/JV/V vs. DM Lincoln, 10/11:30 a.m./1 p.m. @ DCHS

Monday Feb. 8

- 10/60 Meeting, 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
- RHS Basketball: Boys JV/9B vs. Ankeny, 7/8:30 p.m. @ AHS
- DCHS Basketball: Girls/Boys 9B vs. Johnston, 7/8:15 p.m. @ DCHS
- DCHS Basketball: Boys JV vs. Johnston, 7 p.m. @ JHS

Tuesday Feb. 9

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers. Join us in the Children's Area to enjoy a story and make a related craft. Ages 3-8. 4-4:50 p.m., Franklin Avenue Library
- Franklin Evening Book Discussion, "The Storied Life of A.J. Fikry" by Gabriella Zevin. 6:30-7:45 p.m., Franklin Avenue Library
- RHS Basketball: Girls JV/9 vs. Ankeny Centennial, 4:45/7:45 p.m. @ Callanan MS
- RHS Basketball: Boys 10/V vs. Ankeny Centennial, 4:45/7:45 p.m. @ RHS
- RHS Basketball: Boys 9th vs. Ankeny Centennial, 6:15 p.m. @ Callanan MS
- RHS Basketball: Girls Varsity vs. Ankeny Centennial, 6:15 p.m. @ RHS
- DCHS Bowling: Boys/Girls JV/V vs. Ankeny, 3:15 p.m. @ Plaza Lanes

Wednesday Feb. 10

- Toddler Storytime. Come share stories, songs and fingerplays followed by a craft in the children's area. Ages 18 months-3 years. 10:15 a.m. and

10:50 a.m., Franklin Avenue Library

Thursday Feb. 11

- RHS Wrestling: JV Invite, 5:30 p.m. @ Boone
- DCHS Bowling: Girls/Boys Varsity Meet, 8:10/10 a.m. @ Plaza Lanes
- DCHS Basketball: Boys 9B vs. SEP, 7 p.m. @ DCHS

Friday Feb. 12

- LEGO Fridays, all day, Franklin Avenue Library
- RHS Basketball: Girls JV/V vs. Ottumwa, 4:45/6:15 p.m. @ RHS
- RHS Basketball: Boys 10/9 vs. Ottumwa, 4:45/6:15 p.m. @ Merrill MS
- RHS Basketball: Boys Varsity vs. Ottumwa, 7:45 p.m. @ RHS
- RHS Basketball: Girls 9th vs. Ottumwa, 7:45 p.m. @ Merrill MS
- DCHS Basketball: Boys 10/9/V vs. WDM Valley, 4:45/6:15/7:45 p.m. @ DCHS
- DCHS Basketball: Girls JV/V/9 vs. WDM Valley, 4:45/6:15/7:45 p.m. @ DCHS

Saturday Feb. 13

- DIY Craft: Make Your Own Valentine. Need to make a last-minute Valentine's Day card? Stop by the Children's Area where we will have all of the supplies available to make a special card for your valentine. 10 a.m. - 2 p.m., Franklin Avenue Library
- RHS Wrestling: Varsity District Tournament, Noon @ DCG

Sunday Feb. 14

- Valentine's Day

Monday Feb. 15

- 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
- Volunteens. Teens ages 12-18 can pick up a teen volunteer application at the Franklin Library. 4-5 p.m., Franklin Avenue Library
- Presidents' Day
- DCHS Basketball: Boys JV/9B vs. WDM Valley, 7/8:15 p.m. @ DCHS

Tuesday Feb. 16

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Avenue Library
- Franklin Crafty Readers. Join us in the Children's Area to enjoy a story and make a related craft. Ages 3-8. 4-4:50 p.m., Franklin Avenue Library
- Free Advice for Your Device, 12:30-2:30 p.m., Franklin Avenue Library
- Slow Cooker Meals. Learn slow cooker safety, how to adapt regular recipes to a slow cooker, and how to choose healthy recipes. 6:30-7:45 p.m., Franklin Avenue Library
- RHS Basketball: Boys 9/10/V vs. Ames, 4:45/6/7:30 p.m. @ RHS
- DCHS Basketball: Boys 10/9/V vs. DM Hoover, 4:45/6:15/7:45 p.m. @ DCHS

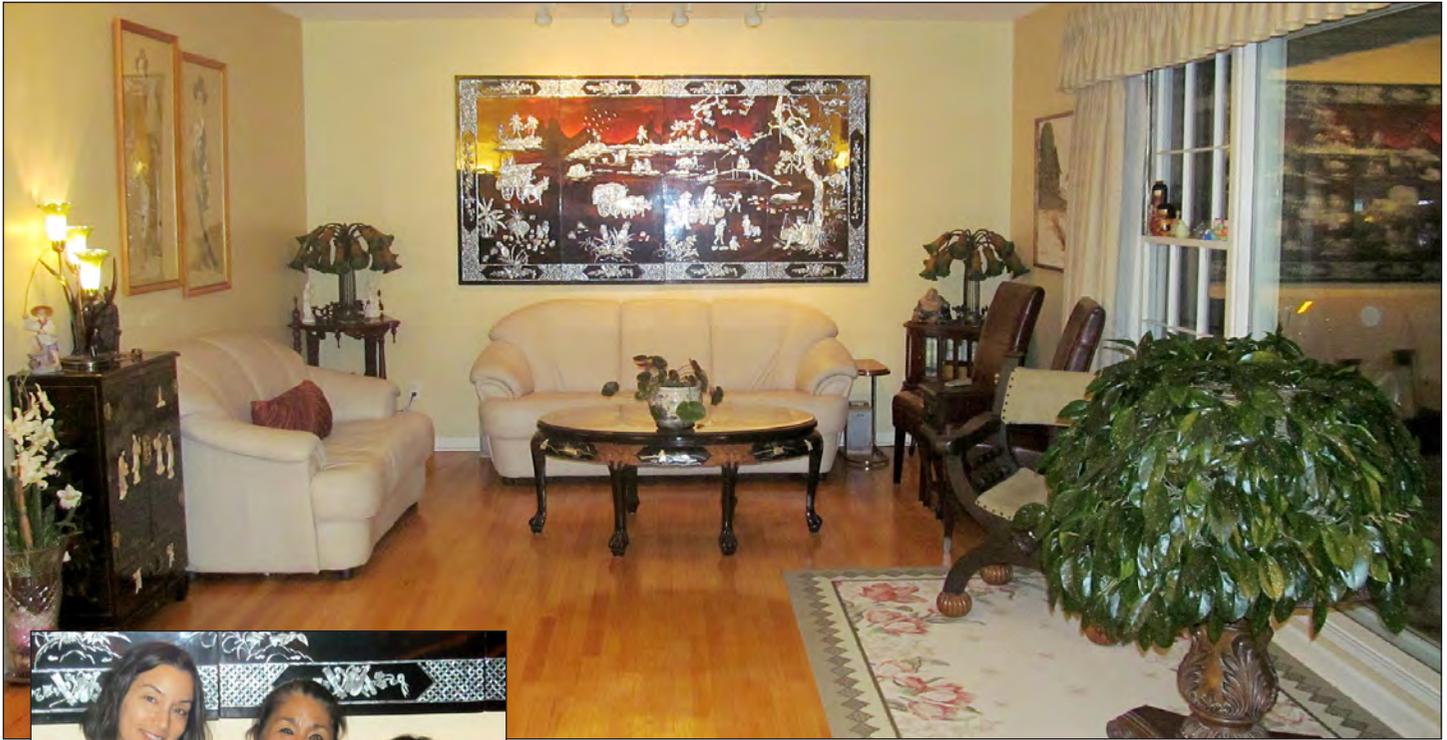
Wednesday Feb. 17

- Toddler Storytime. Come share stories, songs, and fingerplays followed by a craft in the children's area. Ages 18 months-3 years. 10:15 a.m. and 10:50 a.m., Franklin Avenue Library
- Artsy Kids: Interactive Drawings, This program is for kids in grades 3-8 and requires preregistration. 4-4:45 p.m., Franklin Avenue Library

Promote your event!

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

WHERE WE LIVE |



Ressa Winjum's daughter, Reyna, and grandson Charlie, join her in the front room of her Sunset Terrace home. Photos by Rainey Cook.

Love the name

Sunset Terrace lures south-sider to Windsor Heights

By Rainey Cook

Even before it was hers, Windsor Heights homeowner Ressa Winjum was attracted to the street name Sunset Terrace. She'd drive by the street in wonder and was delighted. There was just something that drew her to Windsor Heights' Sunset Terrace.

As time passed, that's all it would be — a quaint street name in Windsor Heights. Winjum lived on the south side. That was her home. Until one day, she just happened to pick up the local shopper that was on her front stoop. A house on Sunset Terrace was for sale. The rest is history.

Aside from the address, what Winjum loves about her new address is that it's homey and comfortable. Not to mention, the area is safe and friendly.

The wood floors are beautifully original. Once moved in, Winjum took out a large closet in the bathroom to make it bigger. She

made one small bedroom into a closet. She had a storage shed built in the backyard that is nice enough for her grandchildren to play in.

"I remember when we took out a wall, the wood had 'Colby' written on it," she says.

Familiar to Windsor Heights residence, most will know that this house is an original Colby brick home.

Much the same as the other Colby brick homes on Sunset Terrace, Winjum's home is anything but similar in décor.

Scenes from Japan, Vietnam and the Philippines decorate the walls. Winjum's home is warm, well balanced and smart. The art is of villagers and women with fans. The furniture is comfortable. The green plants are abundant. The 12-year-old hoyo plant by the front window is a beautifully overgrown mound of green that confidently holds its own in the room. The chair next to it is arranged for enjoying the

morning or sitting quietly.

The entire house is full of old and new. The huge mirror in the hall makes it all look bigger. The orange tree in the bedroom surely deserves bragging rights. The back addition was there when Winjum moved in. With the fireplace and large windows, this is the room that gets most of the attention.

Already Winjum speaks of her spring plans. Her bonsai tree died from bugs, and she'll plant a new one in her front yard.

"I walk a lot and I like my neighbors," Winjum says. "When it gets nice out, I'll be walking again." ■

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.

What to look for from a financial advisor

There's a lot to know about investing, but with so many financial advisors out there, how can you choose one who's right for you?

You may have to interview several prospective financial advisors before deciding on one. When you talk to them, see if you can get a sense of how they might work with you. Try to answer the following questions:

Does this financial advisor

- **Understand you?** You want a financial advisor who will take the time to get to know you and your family, your goals and what's important to you.

- **Clearly explain investing?** Once you enter the investment world, you will likely be curious about it. Why is diversification important? What's a market correction? How do interest rate movements affect different investments? You will want to work with someone who will make the effort to educate you on investment topics and answer all your questions.

- **Know your investment style?** You'll want someone who will recommend investments that are in your best interest and that can help you make progress toward your goals. The person you choose needs to understand your investment personality.

- **Communicate frequently?** The most knowledgeable financial advisor in the world won't be of much help to you if he or she is not a good communicator. You need someone who will regularly let you know if you're on track or make suggestions if you're not, even if you aren't scheduled to meet



for a while. You'll want someone who will meet with you when it's convenient for you, whether it's in person or over the phone.

- **Making big promises?** You want a financial advisor with the expertise and experience necessary to help you make the right moves. You'll want someone committed to your success. Be wary of financial advisors who claim they can consistently achieve high returns for you, there are very few guarantees in the investment world.

- **Explain how they will be compensated?** Financial advisors get paid in various ways, often in some combination of fees and commissions. Ask all potential financial advisors how they get compensated; any reputable professional will be upfront about his or her charges.

By finding the answers to these key questions, you should be able to find a financial advisor who is well-suited to work with you. So take the time you need to gather enough information to feel confident in your choice. ■

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



No time like the present to keep your future on track.

Life changes – and your finances need to keep up. At Edward Jones, we know it's important to review your finances regularly. That's why we provide complimentary portfolio reviews.

Have you reviewed your portfolio lately? Call to schedule an appointment to help ensure your finances are keeping pace with you.



Matt Kneifl
CFP®, AAMS®
Financial Advisor
1100 73rd St.
Windsor Heights, IA
515-279-2219

Member SIPC
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

FAP-1965C-A-AD

What's In Your Garage?

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



STUDENT MINISTRY FOR MIDDLE AND HIGH SCHOOL STUDENTS

6:30 - 8:30 p.m., Sunday Nights
(meeting at the Events Center West)



SUNDAY MORNING TEACHING



Cynicism and negativity may be the easy choice, but they're not the best choice. If you seek what's good, you'll see what's good. Let's embrace the way we were created to think and "Stay Positive."

This biblical study of God's way to view life, will help set the pace for a positive New Year.



Sunday Services 9 and 10:45 AM
Meeting at the *Events Center West*
1701 - 25th Street
in **West Des Moines**

515-770-5763

www.simplechurchDSM.com

FAITH |

New Year's resolutions

Change your focus from "me" to "He"

By Brandon Pruitt

With a new year comes a fresh start, a chance to do things differently. It's the time to start getting in shape, get organized and stop procrastinating. It's the time, as they say, to make a New Year's resolution.

For many of us, along with our New Year's resolution comes the enviable realization of failure. I would wager as most of us make that commitment to be something more, or do something different, we have already decided in the back of our minds that we are going to fail. How could we not? When looking at the fact that 45 percent of all Americans will make a New Year's resolution this year and only about 8 percent will successfully achieve it, how can we ever expect to be a part of the 8 percent that actually find success?

The good news is that it is possible to find success, and the solution to this never-ending cycle of failed resolutions is much more within our grasp than most of us realize.

During the time of Jesus' ministry on earth, his disciples followed Him, and these men were struggling with this very same dilemma to find success. Being with Jesus, they began to ask questions like "Where should we go?" "What should we do?" and "How will we know?" — questions I'm sure we can relate with today. In John, chapter 14, one of these very questions was being brought to Jesus for discussion yet again. And in Jesus' response is where we can find our solution:

"You can ask for anything in



my name, and I will do it." (John 14:13 NLT emphasis added.)

What sets us up for failure in our New Year's resolutions is our focus. We tend to make resolutions that are entirely focused on us: "This year I am going to become better, I am going to make it happen, and I am going to feel better." The problem when we think this way is that we miss out on the help and power that really makes our resolutions possible.

When we ask for something in Jesus' name, it is no longer just us versus our resolution, but us, plus Jesus, versus our resolution, us plus the same spirit of God that created the entire universe versus our resolution, us plus He, who was raised from the dead, versus our resolution. With that kind of power it is not possible to fail.

This year, I encourage you to change your focus from "me" to "He." Turn your resolution to Him, give Him the glory and rely on His power instead of your own. In doing so you may just find the success you have been looking for. ■

Information provided by Brandon Pruitt, student ministries pastor, Simple Church, 1701 25th St., West Des Moines, 770-5763.

OUT AND ABOUT |



Heath Weeks and Watson Weeks at Franklin Crafty Readers at the Franklin Avenue Library on Jan. 5.



Angelica Mortensen Holdren and Ayla Mortensen at Franklin Crafty Readers at the Franklin Avenue Library on Jan. 5.



Abe Johnson and Cooper Daniels at Franklin Crafty Readers at the Franklin Avenue Library on Jan. 5.



Hudson Carstenson and Jodie Carstenson at Franklin Crafty Readers at the Franklin Avenue Library on Jan. 5.



holidayevent

2015 NISSAN SENTRA S



SIGN & DRIVE LEASE

ABSOLUTELY \$0 CASH DUE AT LEASE SIGNING!

- ✓ NO DOWN PAYMENT
- ✓ NO TAX, LICENSE, OR SECURITY DEPOSIT
- ✓ NO FIRST PAYMENT
- ✓ INCLUDES GAP INSURANCE

THE 2015 SENTRA NAMED THE "HIGHEST RANKED COMPACT CAR IN INITIAL QUALITY"

\$199* PER MONTH FOR 36 MONTHS

4770 Merle Hay Rd. • Des Moines
515-253-0719 • 800-652-0048 • www.HummelsNissan.com

HUMMEL'S
Iowa's #1 Nissan Dealer!

FOLLOW US ON:
Facebook Twitter YouTube

OUT AND ABOUT |

Legislative breakfast

The West Side Legislative Breakfast was held on Dec. 10.



Threase Harms and Steve Morain



Claire Celsi and Mayor Diana Willits



Michael Libbie, Edye Beckerman and Brett Klein



John Norwood and Wes Ehrecke



Brian Rowland and Wendy Marsh



Erna Morain and Terry Snyder



Edye Beckerman, Kristy Schmidt and Melinda Behn

Start the year with membership in the Windsor Heights Chamber

Join and enjoy the many benefits

By Windsor Heights Chamber of Commerce

Are you a member of the Windsor Heights Chamber of Commerce?

If not, join today by signing up at www.windsorheightschamber.com/join.

Basic membership includes:

- Being listed as a member of the Chamber on the Windsor Heights Chamber website, Windsor Heights Business Guide and the Greater Des Moines Partnership website.

- Receiving our monthly elec-

tronic newsletter and sponsorship opportunities.

- Highlighting your business in our Membership Spotlight on our website and on our Facebook page.

- Participating in a live interview on Insight on Business-The News Hour KRNT 1350.

- Receiving a 25 percent discount on a rental of the Windsor Heights Community and Event Center located in Colby Park.

- Gaining access to resources



of the Windsor Heights Chamber and Greater Des Moines

Partnership to increase your visibility and grow your business.

Memberships start as low as \$75 for an individual and are based on size for companies and organizations.

Our mission is to promote and support members, local businesses and organizations through advocacy, publicity and education while working to promote the growth of our members, economic development and the quality of life in Windsor Heights. ■

CELEBRATE WINDSOR HEIGHTS

presented by: **HyVee**

Please join us for an evening of food, drinks and fun as we say thank you to our outgoing board members, welcome our new board members, and celebrate our citizen and business of the year!

TUESDAY
FEB 2
2016

WINDSOR HEIGHTS
COMMUNITY AND
EVENTS CENTER

\$25 per person
6 – 8 P.M.

silent and live auctions throughout the evening

TICKETS MAY BE PURCHASED AT
www.windsorheightschamber.com





envision
marketing
group

How does your website rank?

FREE Website & SEO analysis report
*See how your website compares
& ranks with others*

You can have the best looking website in the world, but if no one can find you when they do a search, it is costing your company money in lost opportunities! **Big Green Digital Services** offers a suite of search engine optimization (SEO) services to local businesses.

We offer a FREE WEBSITE ANALYSIS that will test your websites for SEO, social media, keyword performance and more.



- 1) **SEO:** Your potential customers use search engines like Google to find goods and services. If you aren't ranking high on the searches, we can help.
- 2) **MOBILE:** Is your website mobile? If your viewers still need to pinch and expand to view your website, it is time for an update.
- 3) **SOCIAL MEDIA:** Are your social media programs usually creating content that attracts attention and encourages readers to share it with their social networks?
- 4) **WEB DESIGN:** Does your website give a good first impression? If your website hasn't had a facelift in the last 24 months, it is probably time for an update.

We can help improve your website rankings with the search engines.

Call Shane Goodman today at **515-953-4822 x305**
or shane@dmcityview.com

for your **FREE WEBSITE REVIEW & ANALYSIS**

www.BigGreenDigital.com

OUT AND ABOUT |



Noah Raymond at Franklin Crafty Readers at the Franklin Avenue Library on Jan. 5.



Kenneth Klitzke and Ginny Klitzke at Franklin Crafty Readers at the Franklin Avenue Library on Jan. 5.



Mayor Diana Willits, Threse Harms and Brett Klein at the West Side Legislative Breakfast on Dec. 10.



Joseph Jones and Michael Libbie at the West Side Legislative Breakfast on Dec. 10.

CLASSIFIEDS

ADOPTION
ADOPTION. CALIFORNIA ARCHITECT and family promise baby secure future. Grandparents, cousins, education, travel, beach trips, family vacations. Expenses paid. Call Rana I(310) 999-9558 or attorney I(424) 901-6671

A UNIQUE ADOPTIONS, LET US HELP! Personalized Adoption Plans. Financial Assistance, Housing, Relocation and More. Giving the Gift of Life? You Deserve the Best. I-888-637-8200. 24HR Hotline.

AUTOMOBILES/ MOTORCYCLES WANTED
CAPITAL CLASSIC CARS Buying All European & Classic Cars. ANY Condition. ANY Location. Porsche, Mercedes, Jaguar & More! Top Dollar PAID. CapitalClassicCars.com Steve Nicholas 571-282-5153!

EMPLOYMENT/HELP WANTED
OWNER OPERATORS wanted. Paid all miles. No touch freight. Many operating discounts. Family run business for 75 years. Many bonuses and good home time. Direct deposit paid weekly. Call 800-533-0564 ext.205.

CLASS A CDL Driver. Good home time. Stay in the Midwest. Great pay and benefits. Matching 401k. Bonuses and tax free money. Experience needed. Call Scott 507-437-9905. Apply on-line <http://www.mcfctl.com>

CDL DRIVERS needed to haul livestock, home on weekends. Great Benefit Package for Full-Time Drivers! www.lynychlivestock.com or call Angie @ 563-776-3051 for more information. EOE

OVER THE ROAD carrier seeking experienced drivers. Midwest and west coast, no east coast. Drivers average 3,000+ miles per week, loaded and empty miles paid. Call recruiting 1-800-645-3748

MAKE \$1000 WEEKLY!! Mailing Brochures From Home. Helping home workers since 2001. No Experience Required. Start Immediately! www.centralmailing.net

MAKE \$1,000 WEEKLY! Paid in advance! Mailing Brochures at Home! Easy pleasant work. Begin Immediately! Age unimportant! www.MyHomeIncomeNow55.com

VACATION/TRAVEL TIRED OF THE SNOW? Become a Winter Texan where the sun meets the gulf. Over 100 RV resorts and retirement communities for you to choose from. RV sites, fully furnished rentals and more. For more information visit www.rgvparks.org

FOR SALE
FRUIT TREES LOW AS \$18. Blueberry, Grape, Strawberry, Asparagus, Evergreen & Hardwood Plants. FREE catalog. WOODSTOCK NURSERY, N1831 Hwy 95, Nellsville, WI 54456. Toll Free 888-803-8733. wallace-woodstock.com

HEALTH & MEDICAL
IF YOU USED THE BLOOD THINNER XARELTO and suffered internal bleeding, hemorrhaging, required hospitalization or a loved one died while taking Xarelto between 2011 and the present time, you may be entitled to compensation. Call Attorney Charles H. Johnson 1-800-535-5727

VIAGRA!! 52 PILLS for Only \$99.00! Your #1 trusted provider for 10 years. Insured and Guaranteed Delivery. Call today 1-888-403-7751

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. HIGHEST PRICES! Call 1-888-389-0695. www.cash4diabeticsupplies.com

VIAGRA 100mg, CIALIS 20mg 50 tabs \$90 includes FREE SHIPPING. 1-888-836-0780 or Metro-Meds.net

AS SEEN ON TV: Burn fat quickly & effectively with Garcinia Cambogia. Blocks fat. Suppresses your appetite. Safe - 100% natural. Satisfaction Guaranteed! Free bottle with select packages! 844-587-6487

LIVING WITH BACK PAIN, NECK PAIN or WRIST PAIN? Medicare recipients may qualify to receive a pain relieving brace at little or no cost, plus get Free Shipping. Call now to speak with a Rapid Relief back pain specialist! 844-887-0082

ACNE SUFFERERS: Clear your acne with all natural Acnezine! Eliminate the root cause of acne fast. No negative side effects of chemical treatments. Exclusive Trial Offer, Call: 855-402-7215

STOP OVERPAYING for your

prescriptions! Save up to 93%! Call our licensed Canadian and International pharmacy service to compare prices and get \$15.00 off your first prescription and FREE Shipping. 1-800-263-4059.

GOT KNEE PAIN? Back Pain? Shoulder Pain? Get a pain-relieving brace at little or NO cost to you. Medicare Patients Call Health Hotline Now! 1-800-604-2613

ATTENTION: VIAGRA AND CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - \$99 FREE Shipping! 100 Percent Guaranteed. CALL NOW: 1-800-795-9687

MISCELLANEOUS
AT&T U-Verse for just \$29/mo! BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card! (select plans). HURRY, CALL NOW! 855-841-2927

\$14.99 SATELLITE TV. Includes free installation. High speed internet for less than \$.50 a day. Low cost guarantee. Ask about our FREE IPAD with Dish Network. Call today 1-855-331-6646

DISH NETWORK - \$19 Special, includes FREE Premium Movie Channels (HBO, Showtime, Cinemax, and Starz) and Blockbuster at home for 3 months. Free installation and equipment. Call NOW! 1-866-820-4030

FREE PILLS! VIAGRA!! Call today to find out how to get your free Pills! Price too low to Mention! Call today 1-877-560-0997

EMERGENCIES can strike at any time. Wise Food Storage makes it easy to prepare with tasty, easy-to-cook meals that have a 25-year shelf life. FREE SAMPLE. Call: 844-275-5400

ALL THINGS BASEMENTY! Basement Systems Inc. Call us for all of your basement needs! Waterproofing, Finishing, Structural Repairs, Humidity and Mold Control. FREE ESTIMATES! Call 1-800-640-8195

A PLACE FOR MOM. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is FREE/no obligation. CALL 1-800-442-5148

DISH NETWORK - Get MORE for LESS! Starting \$19.99/month (for 12

months). PLUS Bundle & SAVE (Fast Internet for \$15 more/month). CALL Now 1-800-390-3140

SWITCH TO DIRECTV and get a FREE Whole-Home Genie HD/DVR upgrade. Starting at \$19.99/mo. FREE 3 months of HBO, SHOWTIME & STARZ. New Customers Only. Don't settle for cable. Call Now 1-800-203-4378

19.99/MO. FOR DIRECTV - HD Channels + Genie HD DVR + 3 months FREE HBO, SHOW, MAX & STARZ + FREE NFL Sunday Ticket! Call Now 1-888-552-7314

ADT SECURITY protects your home & family from "what if" scenarios. Fire, flood, burglary or carbon monoxide, ADT provides 24/7 security. Don't wait! Call Now! 1-888-607-9294

GET HELP NOW! One Button Senior Medical Alert. Falls, Fires & Emergencies happen. 24/7 Protection. Only \$14.99/mo. Call NOW 1-888-840-7541

PERSONALS
MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now: 800-357-4970

AUTOMOBILES
DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-800-283-0205

EDUCATION
STUDENT TRUCK DRIVER Wanted. Get paid room and board and tuition. Start your career with a team dedicated to supporting your success. Apply with a recruiter Now. Call 855-504-5516

FINANCIAL
ARE YOU IN BIG TROUBLE with the IRS? Stop wage & bank levies, liens & audits, unfiled tax returns, payroll issues, & resolve tax debt FAST. Call 888-606-6673

STUDENT LOAN PAYMENTS got you down? We can help reduce payments and get finances under control, call: 866-871-1626

HyVee®

MARKET CAFÉ



MUCH MORE THAN DINING



WINDSOR HEIGHTS | 7101 University Ave. | (515) 274-0353