

Windsor Heights **Living**
magazine

february 2016

50324

aim

HIGH

AREA RESIDENTS MAKE THEIR DREAMS AND GOALS A REALITY

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WELCOME |

No black belts or marathons

What if you had written down a list of things you wanted to accomplish when you were 10 years old? What would that list have looked like? To mow enough lawns to buy a new bike? To achieve a certain grade in a class? To hit a specific number of home runs in the Little League game?



Now imagine what that list would have looked like if you wrote it at 25 years old. What would be there now? To be hired for a specific job? To pay off debt? To meet that special person and get married? To have children?

As I creep closer to 50 years old, I can begin guessing what a bucket list for a person that age might look like. To help pay for college for children? To pay off a mortgage? To travel to a specific locale? To save a specific amount for retirement?

There was a time in my life when I set a goal to run a marathon. I also wanted to earn a black belt in karate. And I wanted to live in Florida. Those first two bucket

list items are no longer of interest, but the weather of Florida does look more and more inviting as a place to someday retire.

Yes, our needs and desires change as we age, and, as such, our goals do, too. Today my bucket list items are much simpler and not always as measurable. I want to experience new places, new foods, new people. I want to deepen my faith, strengthen my ties with friends and family, eat healthier, exercise more and, maybe most importantly, help others achieve their goals.

For this issue of Windsor Heights Living, we talked with several local residents and asked about their bucket lists. As you may suspect, their goals vary greatly, but simply knowing what they are helps us to better understand our neighbors, appreciate their dreams and respect their accomplishments.

From hiking and camping in Alaska to earning a college degree to starting a new career, these Windsor Heights residents are living the dream and encouraging the rest of us to do the same.

Thanks for reading. ■

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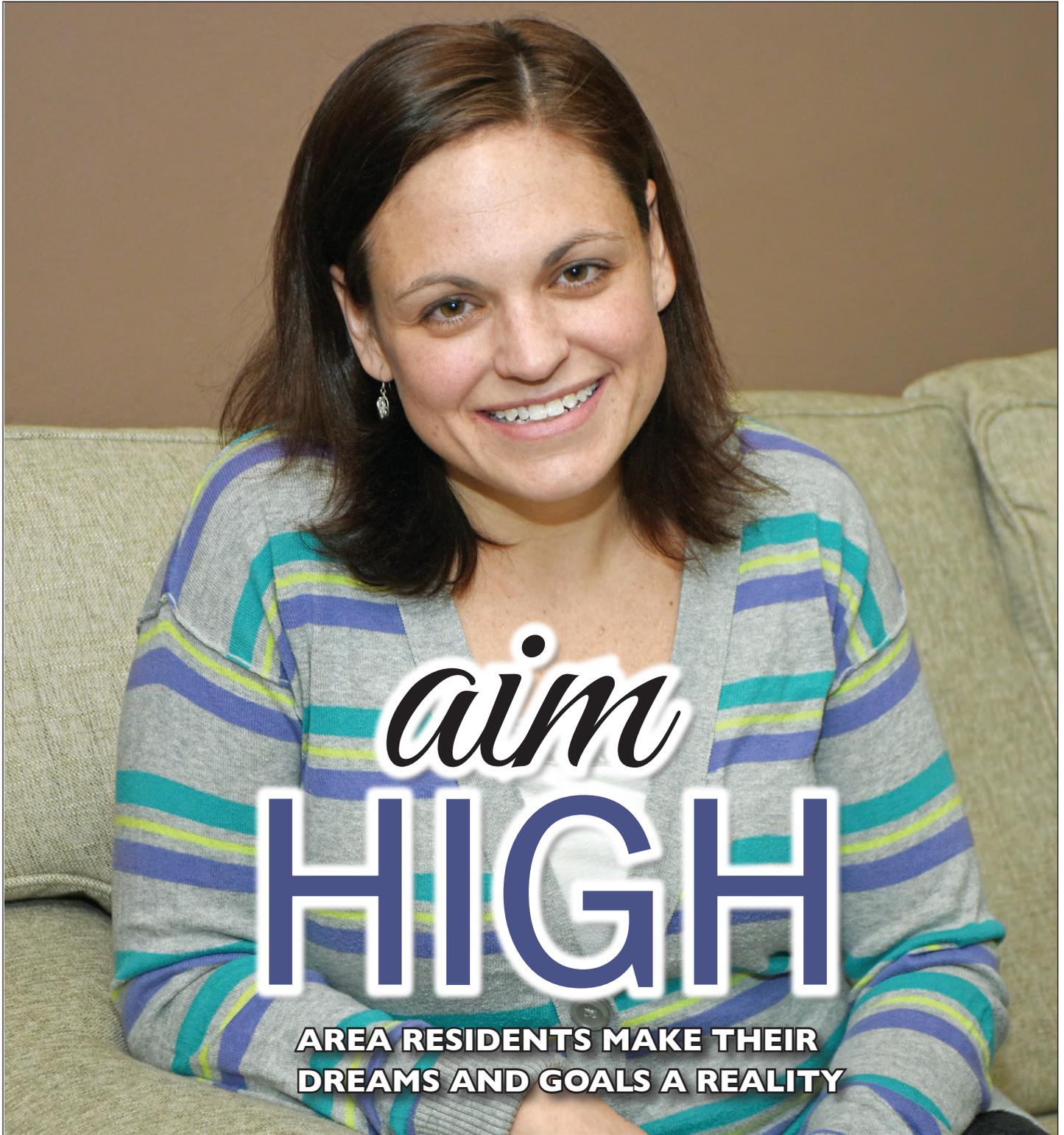
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**AREA RESIDENTS MAKE THEIR
DREAMS AND GOALS A REALITY**

By Jackie Wilson

Laura Schiebe checked off another bucket list entry when her family went on a camping trip in Alaska. Photo by Dan Hodges.

Many of us have goals. Some want to try skydiving or obtain a college degree. We all have dreams and aspirations, whether it's a one-time event, such as visiting Niagara Falls or if it's ongoing, such as opening a flower shop. Goals keep us

moving and looking forward to life. Today, these collections of goals are often termed, "bucket lists."

We spoke to two Windsor Heights residents about their lifelong goals — what they've accomplished and what they'd still

like to achieve. Their bucket list goals aren't written on paper — they're embedded in both their hearts and minds.

We've also provided helpful goal-setting tips from a leadership coach, who says that anyone can overcome obstacles and gain

FEATURE |

motivation to meet bold goals.

Alaska dreaming for 10 years

Laura Schieber, 36, had two big goals after college graduation: to get married and have kids. Once married, she and her husband, Wes, dreamed of visiting Alaska.

They weren't sure it would ever happen. Two jobs and three kids filled their lives. A mortgage and other financial obligations dipped into their vacation fund.

But then last year, for their 10th wedding anniversary, the elusive goal was accomplished, and they completed a hiking and camping trip in Alaska.

"My husband and I always enjoyed national parks. We wanted to visit a remote area, with lots of nature. Alaska seemed like the right choice," says Schieber.

Schieber said that lack of time and money were obstacles to arriving at their Alaska goal. Then it seemed like those barriers were removed, and they planned their trip.

"Finally, we were at a place in our careers where we had enough vacation built up, savings stashed away and the kids were old enough to be left with family," she says.

Often day-to-day life is full of tasks and

time-consuming events, but Schieber says having goals gave her something to look forward to.

"When I go to work, I often remember that this is one reason why I work all day, so I can look forward to going on vacation," says Schieber.

Her immediate goal is to raise her children with a good set of values. Next on her bucket list is a trip to Europe, although she says that might not happen until their 20th wedding anniversary.

If a goal seems too distant, she gives this simple advice to others seeking goals.

"Don't get discouraged. It took us 10 years to figure out the trip to Alaska, and we appreciated our time away since it was so hard-earned," she says. "Hang in there, and just keep plugging away. Your dreams will come true before you know it."

Three big goals: career, family, retirement

Dee Ann Wilson, 74, doesn't have a written bucket list of goals. Rather, she's always had goals percolating in the back of her mind since she was 6 years old.

In the 1930s, Wilson's mom was expected to stay at home to help the family. As

**"Hang in there,
and just keep
plugging away.
Your dreams will
come true before
you know it."**

— Laura Schieber

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a result, her mother never graduated from high school and wanted all five of her kids to graduate from both high school and college.

"She instilled in us at an early age that we were all going to attend college," says Wilson.

Wilson saw her 18-year-old sister take off for college and believed if her sister could do it, she could, too. But when Wilson graduated from her Illinois high school, she didn't go to college right away; she married instead. Her husband wanted to attend a Utah college specializing in forestry. Her college dreams were temporarily put on hold.

The next year, Wilson gave birth to a daughter who was terminally ill and died shortly after. Heartbroken, she focused on her goal and finally attended college on a scholarship. Her parents were so proud of her, she says.

By 1965 she graduated from Utah State, had two daughters and became a teacher. As a teacher, she thought, "Why don't I take what I'm teaching others and apply it to my own children?"

Wilson says her next goal was "to make sure my children (three daughters) were mentally healthy."

For the rest of her teaching career, she

had another goal — to make a difference in the lives of others and says.

"If my students are successful, I'm successful," she says.

Even though women made strides outside the home, husbands at that time also expected women to be full-time homemakers — except for Wilson's husband.

"I'm lucky my husband never had the stereotypical stay-at-home mom. He understood women could have a career and a family, and was OK doing 'women's' work," says Wilson.

A new career goal sent her back to college, and she obtained her master's degree in 1978. In 1981 she moved to Iowa with her husband's job. She became discouraged at not finding employment right away, so she called the Iowa Department of Education as a resource. Fortunately, an opening in the special education unit was a perfect fit. She finally attained her career goals and even received awards.

After 30 years of success with giving special education parents a voice, she retired and went into her third — and she stresses, not final — chapter of goal setting.

"One of my new goals was to find a balance in my life once I retired," says Wilson.



Dee Ann Wilson, a Windsor Heights resident since 1981, says that "making a difference in peoples" lives has been an important life-long goal. Photo by Jackie Wilson.

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FEATURE |

“As an active member in the community, people knew that once I quit, I’d be available. My first goal was to learn how to say ‘no.’ ”

That meant being selective about committees, groups and clubs, as well as downsizing her Master Garden. Her passions today include her children and grandchildren. But just because Wilson is retired, she stresses she continues to have dreams.

“I’d still like to make a difference and have an impact. You can have dreams at any age,” says Wilson. “We’ve all been given gifts, and it’s our job to use those gifts.”

Bold goals tips

Helping other people achieve their bucket list or “big goals” is one thing Dr. Christi Hegstad is passionate about. As a certified personal coach and trainer, she formed MAP (Meaning And Purpose) Professional Development Inc., located in Ankeny. Since 2003, she’s helped thousands of people succeed in meaningful work by helping folks with their big dreams and bold goals for both personal and professional life.

As a certified executive and leadership coach, she says that to start a bucket list or goal, set aside some time to write down all the different things you’d love to do if you had the

endless time, money, courage and training.

When you write, she says to make sure the list is uncensored — off the top of your head. Refrain from thinking of this as a big “to-do” list. Hegstad often suggests that her clients create a “life list” of at least 101 dreams, from starting a business to contributing to a cause or something to experience.

“When you write it down, it stretches your heart and mind and taps into your deepest desires that may have been put on the back burner for years,” says Hegstad. “It clues you into your passions and purpose. The act of writing it down brings it into focus.”

Often people get excited with goal setting then lose motivation and enthusiasm, and obstacles get in the way. The biggest challenge in goal setting is trying to figure out the “why” before becoming clear on the “what.”

Hegstad suggests a few solutions.

“Know your why — what is the purpose behind this goal? Why is it important?” asks Hegstad.

Secondly, she suggests reaching out for help. Do this by securing a coach, finding an accountability buddy, joining a group or hiring a professional — find someone who is your cheerleader and who can help motivate you.

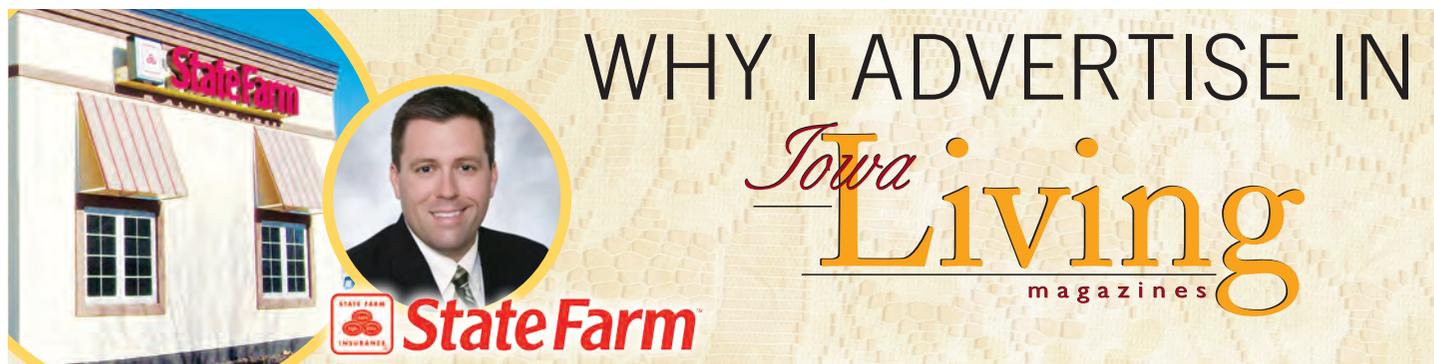
“When you recall your purpose and seek support from others, that helps you maintain motivation, excitement and success,” says Hegstad.

When making your life list, Hegstad says to make it personal. These are your dreams and ideas — they should be important to you and a source of joy — just for you. This means they shouldn’t be your parents’ or your bosses’ goals. Dreams also don’t have to be daredevil stunts, such as bungee jumping. It could be to host a Christmas party or mentor an inner-city child. Whatever it is, the goal pushes you a bit, takes you out of your comfort zone and gives you a sense of satisfaction or reward.

In addition, it’s important to eliminate all “shoulds.” Take care to avoid phrases such as, “I should volunteer at a homeless shelter” or “I should take my parents to Paris.” A goal might feel a bit challenging and exciting but not burdensome.

Hegstad encourages people to focus on how they want to feel upon achieving a goal.

“I believe the true value in goal setting isn’t the achievement; it’s who you become in the process, how you grow and what you learn,” she says. “Then achievement of the goal is the icing on the cake.” ■



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Providing for a special needs child

By Charlotte Sucik

Parents with a child with special needs face extraordinary challenges. In addition to the unique issues associated with raising a child with disabilities, traditional estate planning techniques fly out the window. One concern is how to include the child in your will or trust. Children with special needs often receive Supplemental Security Income (SSI) and Medicaid (Title XIX), which limit the amount of money the recipient can receive.

Previously, parents had two estate planning choices. First, they could include a disabled child in the will or trust. If the value inherited exceeded the applicable resource limit, the child would be ineligible for SSI and Medicaid. Alternatively, the parents could exclude the child from their estate plan entirely. This option denied the child protection

against unforeseen events, such as program cutbacks or insolvency. It also is emotionally difficult for a parent to disinherit a child.

There is now a third option. Changes to Medicaid allow for the creation of a third-party special needs trust. A special needs trust is a discretionary spendthrift trust designed to preserve government benefits for a disabled beneficiary.

If properly drafted, the trust holds assets for the benefit of the disabled child, but that money won't be counted as a resource. Because the money never belongs to the child, it won't interfere with benefits. Parents, relatives or friends can contribute to a third-party special-needs trust.

Distributions from the trust are intended to supplement public benefits, not replace them. It



allows the parents' assets to continue to be used to enhance the child's quality of life. The trust can cover "extra" needs, such as personal care, therapy or travel.

If the child personally comes into money from inheritance or insurance, that money can be placed in a "self-funded" special-

needs trust. The child continues on Medicaid or SSI, and the money in the trust can be used for uncovered expenses related to the disability. When the beneficiary dies, the government takes any money left in the trust. That is why no one should leave money directly to a child with special needs.

It is critical that the trust be drawn by a lawyer who understands the disability rules. The special needs trust allows parents to provide for their children without endangering the child's SSI or Medicaid benefits. ■

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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Beer list and entertainment will be announced closer to event.



Go to www.DMCityview.com and click on Events

WHAT'S IN YOUR GARAGE |



Tom Campbell keeps this old photo of his '55 Chevy Bel Air in his pocket at all times so he can show it off as often as possible. Photos by Lisa Verhey-Budding.



Simply irresistible

Campbell and his Chevy were meant to be

By Lisa Verhey-Budding

His car is sweet as cherry pie, but he, himself, is simply irresistible.

Tom Campbell, 78, shines bright as the North Star when he speaks of his 1955 Chevy Bel Air two-door hard top.

"I have had my '55 for about 24 years. I had a Camaro that my daughter had kind of claimed, and I sold it. Soon after, I bought the '55. She wasn't very happy with me," he says. "I couldn't resist buying this car."

Campbell keeps his '55 classic car in his garage along side his truck. He says that is enough for him to have at this point in his life.

"I'm getting a little too old, and having one old car is enough for me. I have a lot of fun with it and have done some great restorations along the way," he says.

Eight years ago Campbell had the 327 Chevy engine taken out and stepped it up to a 383 Stroker engine with 425 horse-power.

"It will definitely set you back in your seat when you gun it," he says. "It also has a four-speed Muncie

transmission. It also has original SS Cragar wheels."

Campbell says that the '55 fits him to a "T."

Campbell is originally from the north side of Des Moines, and attended North High School. When he saw this car for sale, he knew he had to have it because the colors were green and white and he graduated in 1955.

"I just figured that a car like that just had to mean for me," he says.

Campbell says the car's has a minimal 2,500 miles on it.

"I only really drive it locally to car shows and such," he says. "It is a little heavy on the fuel cost since it only gets maybe eight or nine miles per gallon."

Campbell may think he is too old for some things, but he is not above a few modern conveniences, even when it comes to his "old" car.

"I put a Dakota digital dash in it. It was great because it fit just perfect in the place where the original instrument was," he says. ■

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 Samantha Beeman

Band director comes full circle

By Dawn Sagario Pauls

Samantha Beeman's career path became clear her senior year in high school.

She stood on the grounds of Valley Southwoods Freshman High School, overlooking thousands of high school musicians gathered at Valley Stadium for ValleyFest. The longtime marching band competition draws young people from across the Midwest. Beeman was one of them.

Right then, she says, she knew she wanted to be a music teacher.

"I wanted to be a part of it for the rest of my life," she says.

Beeman's now in her seventh year of teaching. This is her first year as freshman band director at Valley Southwoods.

The approach she's taken in the classroom is focused on helping students find their niche.

"Every kid can be involved, and I want every kid to have something that they enjoy," she says, including opportunities in jazz, pep and marching band, to name a few.

Finding the right fit for every student and ensuring they're not missing out on something can be a challenge with about 70 students. For Beeman, it's the toughest part of her job.

But the rewards in her line of work are great.

"I love seeing the light bulb moments when all of the sudden it makes sense," she says.

Sometimes she'll hear it in the beauty of a final product; other times it's watching a student's pro-



Samantha Beeman is the freshman band director at Valley Southwoods. Photos by Dawn Sagario Pauls.

gression and improvement over time.

More technology is available today to assist students in honing their skills. Previously, students had to buy tools such as metronomes and tuners, Beeman says. Today, they're available as free apps on smartphones. She uses SmartMusic, which is music education software that gives students immediate feedback as they play.

As a toddler, Beeman was drawn to music. There's a story her parents like to tell of her at age 2 or 3, sitting down to watch a piano recital on television. Her parents bought her a play piano, which eventually led to piano lessons at age 7. She went on to major in percussion at Iowa State University.

Beeman had ho-hummed about going into teaching until that day at ValleyFest. Being at Valley Southwoods is like coming full circle. ■

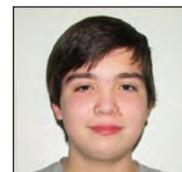
Q: What do you like best about Mrs. Beeman?



Rachel Wrenn:
"She's always ready to help and always happy to help."



Steven Vorrath:
"I think she's very involved with what she's done, and so far she's done good at conducting."



Mason O'Brien:
"She teaches us well and helps us on things we need to work on."

INSURANCE |

Stay safe while spring cleaning

A clean house comes with hazards

By Matt Cale

A thorough spring cleaning gets your house sparkling, but it's not without hazards. Follow these spring-cleaning tips to avoid starting the season off on a broken foot.

- **Clear the clutter.**

Before you start cleaning, pick up any stray objects that you could trip over.

- **Follow instructions.** If the label on the cleaning product recommends wearing gloves or a mask, there's good reason for it. Gather the proper supplies before you start scrubbing.

- **Go mild.** Only use hazardous cleaning agents such as ammonia and bleach when absolutely necessary. And never mix the two — you could create a toxic gas.

- **Ventilate.** Even if it's chilly outside, open windows to circulate fresh air and help prevent chemical or allergic reactions.

- **Think green.** Use homemade or green cleaners to help reduce your exposure to toxic cleaning chemicals. Consumer Reports recommends shopping for products with verified labels such as Certified Biodegradable, Design for the Environment, Greenguard and Green Seal.

- **Keep cleaning products out of reach.** Cabinet safety latches in the kitchen, bathroom, laundry room and garage can greatly reduce the risk of your child or pet's exposure to potential poisons.

- **Be careful with the bucket.** Even a couple inches of water can be a drowning risk for small children. Keep filled mop buckets away from kids. Store



buckets empty and upside down.

- **Tread lightly.** Walk carefully on just-mopped floors or steer clear until they're completely dry.

- **Climb with care.** If you need to use a ladder, ask someone to hold it. Avoid leaning too far to one side. Choose the right ladder for the job — purchase a ladder that gives you the height you need. Extension ladders must extend three feet above the work surface. Perform regular inspections. Look for cracks, dents and loose, damaged or missing hardware.

- **Lift carefully.** Moving furniture? Plan ahead what you want to do and do not be in a hurry. Position yourself close to the object you want to lift. Separate your feet shoulder-width apart to give yourself a solid base of support. Bend at the knees. Tighten your stomach muscles. Lift with your leg muscles as you stand up. If an object is too heavy or is an awkward shape, do not try to lift it by yourself. Get help.

Happy and safe spring cleaning. ■

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



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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- Make Your Own Rain Barrel with Darren Fife
- March 22, 2016** 7:00—8:00 PM- Farm to Table with Suman Hoque from HoQ Restaurant
- April 26 2016** 7:00 -8:00- Aubrey Alvarez with Eat Greater Des Moines
- May 24, 2016** 7:00– 8:00 PM- Sarah SanGiovanni and Nick Benson from the University of Iowa

SURVEY TO HELP SHAPE WINDSOR HEIGHTS

You may have noticed the City of Windsor Heights has been reaching out a lot lately to get your thoughts on our collective future. We understand that not all of our neighbors can make it to a meeting so we've set up a short survey you can answer on your own time. The survey is accessible on mobile devices and can be started and saved if you get interrupted. A couple minutes of your time will literally shape the future of our city. Decisions involving funding priorities, sustainability and amenities are being determined through strategic planning processes underway right now. If you've already engaged in one of our planning meetings feel free to participate in the survey too. We can never hear from citizens enough! Use the link below to get started and don't be afraid to share with your neighbors. Thanks for getting involved in your community!

<http://www.surveygizmo.com/s3/2547330/15241-Windsor-Heights-2015>

SPRING CLEAN UP DATES

Spring is just around the corner. Mark your calendars for the clean-up dates around the City of Windsor Heights.

- April 23, 2016-** 8:30- 10:30 AM Keep Windsor Heights Beautiful Spring Clean Up (Rain Date April 30th)
- April 29 & 30 2016-** City Wide Garage Sales- sign up forms will be ready soon.
- May 5 & 6 2016-** Curbside Clean Up

UPCOMING EVENTS IN WINDSOR HEIGHTS

- Easter Egg Hunt** March 26, 2016 9 AM
- Art in the Heights** April 29, 2016 4- 9 PM
- WHAMM is** May 14, 2016, **WHAMM Pancakes** May 14 8:00 AM- 12 PM

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The prorated price after June 1st is only for new subscribers. The renewal cost is \$105 for all prior subscribers. The stickers and forms are available at City Hall.

ART IN THE HEIGHTS

Looking for a way to spruce up your home? Want to support local artists and their talent? On April 29, 2016 from 4 PM- 9 PM Jeff Hays, a Windsor Heights resident and the City of Windsor Heights is hosting the 2nd annual Art in the Heights art show at the Community Center at Colby Park. There is an amazing line up of artists in various different mediums such as sculpture, pottery, oil paintings, prints, photography and so much more. The event is free to attend. Come peruse some art, talk to the artists, and support the talent in your own backyard.

The current list of artists: Linda Lewis- sculpture, Vince Lewis functional- wood art, Nicole James- prints and mosaics, Michael Lane-mosaics, Jim Hubbartt -pottery, Jeff Hays -pottery, Doug Fletcher- oil paintings, Robin Paul- glass, Alyssa Tauber- prints, John Jenstch- photography, Curt Stahr -photography and Kendra -Wieniewski paintings.

BASICS OF CODE ENFORCEMENT

The City of Windsor Heights would like to remind residents the City has adopted general nuisance and property maintenance codes. Citizens of Windsor Heights are encouraged to participate by first maintaining their properties, but also by reporting offenses and violations of the City's Code relating to nuisances. To file a nuisance report, you may do so online at www.windsorheights.org, fill out a complaint form at City Hall, or send to info@windsorheights.org with information on the nature of the violation, address, and any additional description that you can provide for an investigation. Nuisances whether they be junk and refuse in the yard, vehicles illegally parked on an unpaved surface, junk vehicles sitting in the open, etc. affect property values and people's sense of pride in the community. The following is a basic list referenced from the City Code and is not a complete list of city codes.

NOTE:

If your concern has the potential for police involvement or criminal charges, please contact the Windsor Heights Police Department at 515-286-3632 to report your observances as they occur. For example, a person illegally discharging into the public storm sewer or a dog barking on private property needs to be reported as they are happening to make an investigation. The police department will also need your cooperation as an identified witness in court if you wish to pursue criminal charges.

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TONY TIMM, COUNCIL MEMBER • THREASE HARMS, COUNCIL MEMBER • ZACHARY BALES-HENRY, COUNCIL MEMBER

CITY NUISANCE CODES

Keep grass cut and eliminate weeds. Growth should not exceed six (6) inches. (Ch. 50.02)

Keep your sidewalk free of snow and ice within 48 hours after snow accumulates. (Ch. 50.02)

Keep your property free of junk, debris, scrap metal, tires, furniture, or any item offensive to the senses or is a health and safety issue. (Ch. 50.02)

Ensure that vehicles parked outside are operable, not damaged and are licensed and registered for the current year. (Ch. 50 & 51)

Store garbage in a watertight container with a cover so that garbage does not blow onto your neighbor's property and make sure garbage is removed on a regular basis. (Ch. 105.08)

Ensure all vehicle types are parked on a paved surface. (Ch. 50.02)

CITY PROPERTY MAINTENANCE CODES

In addition to requirements in the City's Nuisance Code, the City has also adopted the 2012 International Property Maintenance Code. (Ord. 14-04)

Buildings must be maintained so they are weather and water tight and free of excessively peeling paint, holes, or other defects. (Section 304.2)

Fences and retaining walls must be structurally sound and straight. (Section 302.7)

Any swimming pools capable of holding 100 gallons of water or more require a permit and will need an inspection as several requirements have to be met. (Section 303)

Roofing conditions must be maintained to prevent deterioration and be of permanent material. (Section 304.1)

Exterior doors must be secure and in good condition. (Section 304.15)

MAKE YOUR OWN RAIN BARREL

TUESDAY FEBRUARY 23 7-8PM

COMMUNITY AND EVENTS CENTER

6900 SCHOOL STREET, WINDSOR HEIGHTS, IA 50324



THE PRESENTER

Darren Fife is a resident of Windsor Heights and a member of the Walnut Creek Watershed Coalition. Darren is an advocate for water conservation and will show homeowners how easy it can be to capture runoff and reuse just as he does at his own home.

EVENT DETAILS

Free to Attend

Open to the Public

Cookies and Punch Provided

No Registration Required



WWW.WINDSORHEIGHTS.ORG

CALENDAR

Friday Feb. 19

- Lego Fridays, all day, Franklin Avenue Library
- RHS Wrestling: Varsity State Tournament, 9 a.m. @ Wells Fargo Arena
- RHS Basketball: Boys 9/10/V vs. Waukee, 4:45/6:15/7:45 p.m. @ WHS
- VHS Wrestling: Varsity State Tournament, 9 a.m. @ Wells Fargo Arena
- DCHS Basketball: Boys 9/10/V vs. Ames, 4:45/6:15/7:45 p.m. @ DCHS

Saturday Feb. 20

- Adult Children of Alcoholics Meeting, 12-step support group for Adult Children of Alcoholics and other dysfunction. Noon, Iowa Lutheran Hospital
- RHS Basketball: Girls Varsity Regional Tournament, 7 p.m.
- VHS Basketball: Girls Varsity Regional Tournament @ VHS
- VHS Wrestling: Varsity State Tournament, 10 a.m. @ Wells Fargo Arena
- VHS Basketball: Boys JV/V vs. St. Joseph Lafayette, 2/3 p.m. @ VHS
- Visit the Art Cart, 10 a.m. - 4 p.m., Franklin Avenue Library

Monday Feb. 22

- 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 Varsity District Tournament, 7 p.m.
- VHS Basketball: Boys 8CD vs. DCG, 4:30 p.m. @ Rex Mathes School
- VHS Basketball: Boys 8AB vs. DCG, 4:30 p.m. @ Stilwell

Tuesday Feb. 23

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Ave 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
- RHS Basketball: Girls Varsity

- Regional Tournament, 7 p.m.
- VHS Basketball: Girls Varsity Regional Tournament @ VHS
- VHS Basketball: Boys 8th vs. Indianola, 4:30 p.m. @ Indian Hills

Wednesday Feb. 24

- 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
- RHS Bowling: Boys Varsity State Tournament @ Plaza Lanes
- VHS Bowling: Boys/Girls Varsity State Tournament, 10 a.m. @ Plaza Lanes
- Planning and Zoning, 5 p.m., Public Safety Building

Friday Feb. 26

- Lego Fridays, all day, Franklin Avenue Library
- RHS Basketball: Boys Varsity District Tournament, 7 p.m.
- VHS Basketball: Boys Varsity Substate Tournament, 7 p.m. @ VHS

Saturday Feb. 27

- Adult Children of Alcoholics Meeting, 12-step support group for Adult Children of Alcoholics and other dysfunction. Noon, Iowa Lutheran Hospital
- VHS Track: Girls Varsity Invite, 4 p.m. @ Grinnell College
- DCHS Track: Girls Varsity Invite, 4 p.m. @ Grinnell College
- "Sarah, Plain and Tall" Sneak Preview, 10:30-11 a.m., Franklin Avenue Library

Monday Feb. 29

- 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
- VHS Basketball: Girls Varsity State Tournament @ Wells Fargo Arena

Tuesday March 1

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Ave 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
- RHS Basketball: Girls Varsity State Tournament @ Wells Fargo Arena
- RHS Basketball: Boys Varsity Substate Tournament, 7 p.m.
- VHS Track: Boys/Girls Varsity Invite, 2:30 p.m. @ Wartburg College

Wednesday March 2

- 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

Friday March 4

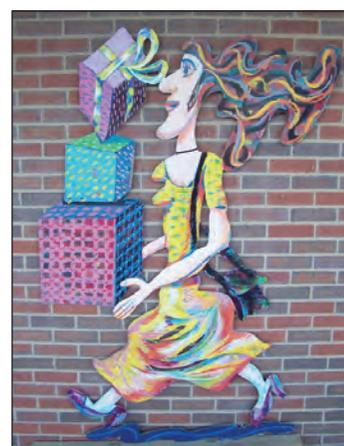
- Lego Fridays, all day, Franklin Avenue Library
- RHS Track: Boys Varsity Indoor Invite, 3 p.m. @ Cornell College
- RHS Track: Boys Varsity Meet, 4 p.m. @ Cornell College

Saturday March 5

- Adult Children of Alcoholics Meeting, 12-step support group for Adult Children of Alcoholics and other dysfunction. Noon, Iowa Lutheran Hospital
- Celebrate Dr. Seuss. Stop by the library for some self-guided activities celebrating everyone's favorite author's birthday. 10 a.m. - 2 p.m., Franklin Avenue Library

Monday March 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
- RHS Track: Girls Varsity Meet, 3 p.m. @ UNI
- VHS Track: Girls Varsity Meet,



CALENDAR

3 p.m. @ UNI-Dome

- City Council Meeting, 6 p.m., City Hall
- Franklin Afternoon Book Discussion, "My Brilliant Friend" by Elena Ferrante. 1-2 p.m., Franklin Avenue Library
- Volunteens, 4-5 p.m., Franklin Avenue Library

Tuesday March 8

- Baby Rhyme Time, Ages 0-18 months old, 10:15- 11 a.m., Franklin Ave 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
- RHS Track: Boys Varsity Invite, 3 p.m. @ UNI-Dome
- RHS Track: Girls Varsity Indoor Invite, 3 p.m. @ Wartburg College
- DCHS Track: Girls Varsity Indoor Invite, 3 p.m. @ Wartburg College
- DCHS Track: Boys Varsity Invite, 3 p.m. @ Wartburg College
- Franklin Evening Book Discussion, "Elizabeth is Missing" by Emma Healy. 6:30-7:45 p.m., Franklin Avenue Library

Wednesday March 9

- 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
- RHS Basketball: Boys Varsity State Tournament @ Wells Fargo Arena
- VHS Basketball: Boys Varsity State Tournament @ Wells Fargo Arena

Friday March 11

- Lego Fridays, all day, Franklin Avenue Library
- RHS Basketball: Boys Varsity State Tournament @ Wells Fargo Arena
- No School, West Des Moines Community School District
- Spring Break, Des Moines Public Schools

Saturday March 12

- Adult Children of Alcoholics Meeting, 12-step support group for Adult Children of Alcoholics and other dysfunction. Noon, Iowa Lutheran Hospital
- RHS Basketball: Boys Varsity State Tournament @ Wells Fargo Arena
- Visit the Art Cart, 10 a.m. - 4 p.m., Franklin Avenue Library

Sunday March 13

- Spring Break, Des Moines Public Schools
- Daylight Savings Time Begins

Monday March 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
- Spring Break, Des Moines Public Schools
- RHS Track: Girls Varsity Indoor Invite, 3 p.m. @ Iowa State University
- Spring Break, West Des Moines Community School District
- VHS Soccer: Boys JV Meet, 3:45 p.m. @ VHS
- VHS Soccer: Boys 9th Meet, 3:45 p.m. @ Valley Southwoods
- VHS Soccer: Boys Varsity Meet, 3:45 p.m. @ Valley Stadium
- VHS Tennis: Boys/Girls JV Meet, 3:45 p.m. @ Crossroads Park
- VHS Tennis: Boys/Girls Varsity Meet, 3:45 p.m. @ Valley Southwoods
- City News Hour, 5:15 p.m., Community and Events Center
- LEGO at the Library, All day, Franklin Avenue Library
- Wild Animal Show and Tell with the Blank Park Zoo. Start off your spring break with some wild animals. 3-3:45 p.m., Franklin Avenue Library

Tuesday March 15

- Baby Rhyme Time, ages 0-18 months old, 10:15- 11 a.m., Franklin Ave 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

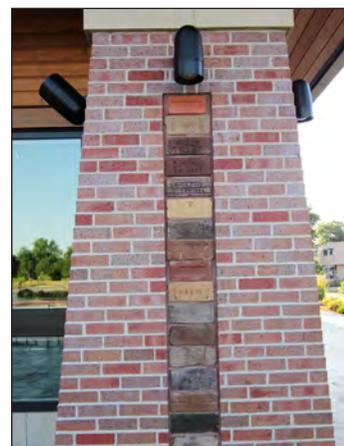
- Spring Break, Des Moines Public Schools
- Spring Break, West Des Moines Community School District
- RHS Track: Boys Varsity Invite, 3 p.m. @ Iowa State University
- VHS Track: Boys Varsity Indoor Invite, 4 p.m. @ Iowa State University
- DCHS Track: Boys Varsity Invite, 4 p.m. @ Iowa State University
- Nuts, Bolts and Gears. The library's collection of toy gears, nuts, and bolts will be available. All day, Franklin Avenue Library

Wednesday March 16

- 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
- Spring Break, Des Moines Public Schools
- Spring Break, West Des Moines Community School District
- Board Games at the Library. Stop by the children's area and choose a board game to play while you are in the library. All day, Franklin Avenue Library
- Artsy Kids Special: Edible Crafts. This program is for children in grades 3-8 and requires preregistration. 4-4:45 p.m., Franklin Avenue Library

Thursday March 17

- Spring Break, Des Moines Public Schools
- Spring Break, West Des Moines Community School District
- St. Patrick's Day



Promote your event!

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



Cherry chocolate bars

Easy recipe is a sweet treat for the season

By Jan Allen

It's February, and visions of white paper doilies and red hearts are dancing in my head. Even though the weather is usually blustery and cold, I have always liked the month of February. The crown jewel of the shortest month of the year is Valentine's Day, and we generally think of love, flowers, cards and chocolate.

The recipe I am sharing this month has been a favorite of our family for more than 30 years. It is very moist and incredibly easy to make, as the cake part only requires four ingredients. The frosting tastes like fudge. Who doesn't like chocolate fudge?

If you want to reduce the amount of total sugar in the cake, you could substitute no-sugar-added cherry pie filling for the full sugar counterpart. I have always used a jellyroll pan to bake it, but if you want to dress it up and make it elegant for a fancy dessert, bake in two 8-inch round, square or heart-shaped pans. Sandwich whipped cream or some of the frosting between the layers and spread the rest of the frosting on the top and sides. Serve with a dollop of whipped cream and a cherry on top. I hope you enjoy this recipe as much as we have over the years. ■

Cherry chocolate bars

Ingredients

1 box chocolate fudge cake mix with pudding in the mix
21 oz. can cherry pie filling
2 eggs (beaten)
1 teaspoon almond extract

cool prepare frosting.

Frosting

1 cup sugar
5 tablespoons butter
1/3 cup milk
1 cup semisweet chocolate chips
1/2 teaspoon vanilla

Directions

1. Preheat oven to 350 degrees. Grease and flour a 15x10-inch jelly roll pan or 9x13-inch cake pan.
2. In a large bowl combine first four ingredients. Stir by hand until well mixed. If baked in a jelly roll pan, bake for 20-30 minutes. If baked in 13x9-inch pan, bake for 25-30 minutes. While bars

Directions

1. In small saucepan combine sugar, butter and milk. Boil and stir constantly for one minute.
2. Remove from heat, stir in chocolate chips and beat by hand until smooth. Pour over partially cooled bars.



Barbara and Tim Wells spent several months updating their ranch house on 73rd Street.



Nostalgic love

Couple chooses '64 ranch over new construction

By Rainey Cook

It was the baby grand piano in the window that caught her attention in 2006. Looking for a home big enough to showcase her own 1932 5x5 baby grand piano, Barbara Wells didn't need to look any further once she spotted the home for sale at 1442 73rd St..

Tim and Barbara Wells purchased the home in August 2006. The homeowners before them were elderly and couldn't handle the upkeep. Much needed done before the Wells could call the house their home.

They started on the outside and took out overgrown shrubs and two trees. They tore off the back solarium and added a three-season porch with a new deck below it. They remodeled the kitchen and replaced the flooring with engineered hickory wood flooring with natural hickory cabinets. They gutted both upstairs bathrooms to the 2x4s and customized to their liking. They poured a driveway to the back of the house and added a three-car garage.

After six months of major outside and inside renovations, the Wellses moved into their new home in March 2007.

Then they started on the

renovations of the basement. An entire living space, this area has a wood burning stove in the living room, remodeled bathroom and kitchen. This walk-out ranch faces the bike trail and 17 acres of landlocked wooded area. The 12-foot-wide window that matches the one upstairs offers views of all four of Iowa's magnificently moody seasons.

This 1964 Dale Stevens ranch style home is truly like no other. Across the 12-foot picture window upstairs that faces west is a seven-foot picture window facing east.

"They just don't make homes like this anymore," Barbara says. "I like the era of these homes in Windsor Heights, and this home is so well built."

And there it sits. Her great-grandmother's 1932 baby grand piano in the front room, right beside a colossal antique dictionary.

With rich artwork painted by Barbara's mother hung all over their home, views like no other and remolded from top to bottom, Barbara admits it's a handy house to live in.

This could quite possibly be Windsor Heights' top choice of classiest remodels. ■

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.

FINANCE |

Will the presidential election affect investment outlook?

The first caucuses and primaries are in full swing. As a voter, you may be keenly interested in the election process. But as an investor, should you be concerned?

In the last 12 presidential election years, the Dow Jones Industrial Average has been up nine times and down just three.

In every year, the markets are influenced by a variety of factors: interest rates, inflation, corporate profits, geopolitical events, economic growth, even the weather. At this early stage of the year, one could say that some of these factors, such as continued low interest rates and a reasonably strong economy, might bode well for investors.

The market's history of pretty good results in presidential election years may not be entirely random. The White House is never the only office being contested; elections are also held for every congressional district and many seats in the Senate. Consequently, during these election years, campaigning often takes precedence over legislating. This legislative inactivity tends to be welcomed by the financial markets, which generally dislike surprises, big changes and new directions.

You can't really count on past trends to provide a certain road-map for the year ahead, in terms of the performance of the financial markets. Many factors influence this performance, and at this early stage in the year, we just can't predict which of these factors will take precedence.

Instead of worrying about things you can't control, focus on those that you can. For starters, review your investment mix. Does it still properly reflect your goals, risk tolerance and time horizon? Over time, even if you haven't made many changes to your portfolio, it can become "unbalanced." You might want to consider selling off some of your investments and using the proceeds to fill in other gaps in your portfolio.

If you think your mix of investments is not providing you with the returns you need to help make progress toward your long-term objectives, you may need to add some vehicles that can provide you with more growth potential. After all, it's 2016 now, so whatever your age, you are another year closer to retirement.

Will this year look like past presidential election years, as far as good returns from the stock market? No one can say for sure. But if you "vote" for smart investment moves, you won't be sorry. ■

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



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How Did I Predict the Future.
I Didn't. I Prepared for It.**

Trying to make money on exciting, unpredictable investments is one of the surest ways to lose it. Which is why at Edward Jones we help you invest in quality investments instead of following the latest trends. There will be no compromise on your principles when preparing for your future's security.

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10:45 a.m.

(Nursery and Kid's Church provided, Infants - 5th grade)



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FAITH |

The power of true love

Show your feelings in four ways

By Pastor Tom Allen

Minister George Crane tells of a wife who came into his office full of hatred toward her husband.

"I do not only want to get rid of him, I want to get even," she said. "Before divorce, I want to hurt him as much as he has hurt me."

Dr. Crane suggested an ingenious plan.

"Go home and act as if you really love your husband," he said. "Tell him how much he means to you. Go out of your way to be as kind, considerate and generous as possible. Spare no efforts to please him, to enjoy him. Make him believe you love him. After you've convinced him of your love and that you cannot live without him, drop the bomb. Tell him you're seeking divorce. That will hurt him."

With revenge in her eyes, she exclaimed, "Will he ever be surprised!" And she did it with enthusiasm. For two months she showed love, kindness, giving, listening and sharing. When she didn't return, Crane called. "Are you ready now to go through with the divorce?" "Divorce?" she exclaimed. "Never! I discovered I really do love him."

Her actions had changed her feelings. Motion resulted in emotion. The ability to love is established not by fervent promise as often repeated deeds.

That's why Apostle Paul, writing to a church in present day Greece, said, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices



with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails...and now these three remain: faith, hope and love. But the greatest of these is love."

Valentine's Day is a day full of chocolates, expensive meals, nice gifts and cards, expressions of love and, for many, intimate relationships. However, so much of love today is shallow, without commitment and confidence. Love is best shown by four areas of our body:

- **Our ears.** Taking time to genuinely listen and respond with care.

- **Our mouths.** Sometimes we have to say something hard in "tough love" and other times we speak words of encouragement and gratitude.

- **Our hands.** Extending hands of service, generosity, love and compassion.

- **Our feet.** When we go the extra mile, above and beyond the call of duty.

This Valentine's, Day, may we know God's true love in our hearts through faith in Christ and may that cause us to truly love God and all around us. ■

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

Make heart health a priority

Give your heart the attention it deserves

By Susan Ray

When we think about the month of February, we turn to those we love. Not only is it the month in which we celebrate love and romance, it's also American Heart Month. Unfortunately, many of us give the hearts in our Valentine's Day cards more thought than we do the heart in our bodies.

Reflect about your own heart — are you giving your heart the attention it deserves? Taking steps to maintain a healthy heart at any age is important, but as you continue into your golden years, heart health is even more important. Heart disease is responsible for more deaths in the United States than anything else. A new report from the Centers for Disease

Control and Prevention indicates at least 200,000 deaths each year from cardiovascular disease could be prevented.

Keep your heart healthy — tips for seniors

Your heart, being the most valuable organ, should be top priority throughout your life. Eat a well-balanced diet each day. We get bombarded with information from the media about what to eat and what not to eat. Many times this information can be conflicting. The American Heart Association suggests eating a variety of nutritious foods such as vegetables, fruits, unrefined whole grains and fish. Cut back on nutrient-lacking foods that are high in fat, cholesterol and salt.

Stick to the basics when choosing what to eat.

Keep moving. A 30-minute walk a day helps to keep your heart in good shape. If 30 minutes seems too difficult, start small. Two 15-minute brisk walks a day will bring you up to the total minutes desired. Stay active.

Absolutely do not smoke. Smoking or using tobacco is one of the biggest risk factors in developing heart disease. According to the CDC, smoking increases your risk of stroke and heart disease by up to four times.

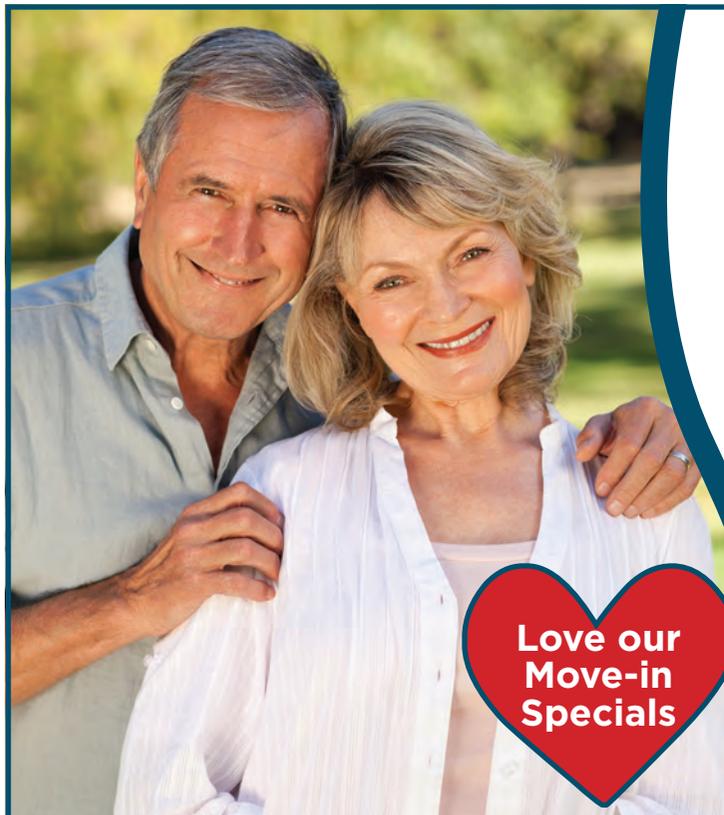
Maintain a healthy weight. Extra pounds around your middle can lead to high blood pressure, high cholesterol and diabetes — all conditions that increase your

chances of heart disease.

Visit your doctor routinely for regular health screenings. If you have already been diagnosed with high cholesterol or high blood pressure, your heart may be gradually being damaged as you read this. If you don't know whether you have these conditions, the damage can occur without you having any idea. Work with your doctor to get a handle on your heart health and to lower potential risk factors.

Heart health and wellness — make good choices. You'll be glad you did. ■

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



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OUT AND ABOUT |



Donna Jordan at Franklin Crafty Readers on Jan. 12.



Curt Buchmeier and Maxwell Buchmeier at Franklin Crafty Readers on Jan. 12.



Sienna Cook, Rainey Cook and Vanessa Cook at Franklin Crafty Readers on Jan. 12.



Beth Kiernan and Ella Kiernan at Franklin Crafty Readers on Jan. 12.



Emily Nalan, Amy Nalan and Micah Nalan at Franklin Crafty Readers on Jan. 12.



Olivia Kiernan at Franklin Crafty Readers on Jan. 12.



Jamison Lynch at Franklin Crafty Readers on Jan. 12.



Shea Buchmeier at Franklin Crafty Readers on Jan. 12.



Alyssa Burnett and Claire Burnett at Franklin Crafty Readers on Feb. 2.



Angie Schmidt and Norah Schmidt at Franklin Crafty Readers on Feb. 2.



Josie Talley, Cece Talley and Rachel Talley at Franklin Crafty Readers on Feb. 2.



Avery Carstenson, Emma Carstenson, Jacob Carstenson, Jodie Carstenson and Hudson Carstenson at Franklin Crafty Readers on Feb. 2.

Celebrate Windsor Heights

Annual dinner has been rescheduled to March 8

By Windsor Heights Chamber of Commerce

Due to poor weather conditions, Celebrate Windsor Heights has been rescheduled to Tuesday, March 8 from 6-8 p.m. at the Windsor Heights Community and Events Center. We are looking forward to a fabulous evening filled with food, drinks, music and exciting live and silent auctions.

An integral part of Celebrate Windsor Heights is the honoring of the Windsor Heights Citizen of the Year and the Windsor Heights Business of the Year. We are thrilled to announce the 2016 winners!

Our 2016 Citizen of the year is David Knau. David has been a progressive leader for the city



holding various positions since 1993. As a city council member, he was involved in introducing and developing the bike trail program through the city, as well as redeveloping the University

Avenue corridor, creating city design standards and other programs critical to the growth of the city. He has been on various city committees and presently resides as the chair of the Windsor Heights Board of Adjustment. Thank you, David, for all you have done for our city.

Our 2016 Business of the year is State Farm: Matt Cale. Matt has been in business with State Farm in Windsor Heights since 2005 and has been an incredible asset to our community. Matt has given back so much time, professional expertise, financial contributions and leadership to Windsor Heights. Matt has served as a Windsor Heights

Chamber board member and has chaired the golf outing event for numerous years. For many years, Matt has generously supported Movies in the Park, WHAMM, the Chamber Spaghetti Dinner, golf outing, haunted house, Windsor Wonderland, chili cook-off, and the July 4th parade. We truly thank you for setting such a great example in your work ethic, passion and generosity!

Please help us honor our 2016 Citizen and Business of the Year by attending Celebrate Windsor Heights on Tuesday, March 8. Tickets are still available at www.windsorheightschamber.org or by calling 515-279-3662, option 8. ■

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
MAR 8
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

OR BY CALLING
515.279.3662 (option 8)



OUT AND ABOUT |



Emily Nalan, Amy Nalan and Micah Nalan at Franklin Crafty Readers on Feb. 2.



David Salazar, Amelia Salazar, Rachel Salazar and Elizabeth Salazar at Franklin Crafty Readers on Feb. 2.



Malinda Plumb, Bill Lazear and Emily Plumb at Franklin Crafty Readers on Feb. 2.



Sarah Lane at the Franklin Avenue Library on Feb. 9.



Joe Asmus and Lucy Lee at the Franklin Avenue Library on Feb. 9.



Lily Jordan and Donna Jordan at the Franklin Avenue Library on Feb. 9.



Karen Zwier and Joshua Zwier at the Franklin Avenue Library on Feb. 9.



Des Violet and Cari Witcher at the Franklin Avenue Library on Feb. 9.



Dana Kosinski and Eileen Kosinski at the Franklin Avenue Library on Feb. 9.



Cathy Scott at the Franklin Avenue Library on Feb. 9.



Walter Houf at the Franklin Avenue Library on Feb. 9.



Skye McClure at the Franklin Avenue Library on Feb. 9.

CLASSIFIEDS

ANNOUNCEMENTS

GUN SHOW: Fort Dodge, IA - February 27 & 28th, 2016 Webster County Fair Grounds Hwy 169 - 2 miles south. Sponsored by the Rifle and Pistol Club. Information call Al Little 515-570-0827

REAL ESTATE

2015 CLEARANCE! Display model clearance including three bedroom, two bath double-wide for \$59,900, delivered, set, central air and skirting. CENTURY HOMES OF OSKALOOSA 1-877-241-3621

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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.mcfgtl.com>

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

HELP WANTED: OTR DRIVERS. Seeking Owner/Operators & Company Drivers. Valid Class A CDL. Home on weekends if desired. Pulling hopper bottoms. Minnesota and Iowa based company. Call 507-421-3680

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