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Volunteering **at SCHOOL**

**PARENTS TAKE ACTIVE ROLES
IN CHILDREN'S EDUCATION**

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How can I keep my child safe in the kitchen?

A

Inviting children into the kitchen to help you out has some wonderful benefits, including building their self confidence and early independence skills, teaching them math concepts (such as measuring and counting), and creating a special family bonding time; but, kids in the kitchen require a safe environment and some specific, firm cooking rules so injury from burns or cuts are avoided. Kids-in-the-kitchen guidelines and safety tips:

- Children should learn to always start in the kitchen with washing their hands
- Teach children to be prepared by having all ingredients neatly lined up and all needed cooking utensils gathered.
- Teach children to always ask before using any electrical items, appliances or sharp items.
- Give frequent reminders about what is okay to touch and which items can hurt them.
- Talk about and establish kitchen rules around which kitchen tasks are for grown-ups and which are for kids. This, of course, changes as your child gets older and more skillful in the kitchen.
- Have all knives and other sharp objects out of reach.
- If your child is older, teach them to point the knife away from them before cutting food while you are there to supervise. Or, depending on their age, have them use a plastic knife (with adult supervision).
- Teach kids to use potholders rather than dish rags or dish towels if they are old enough to work with the stove and oven. Also remind them to always keep pot handles toward the back of the stove to avoid accidental spills and burns.

Remember, kids are probably going to be messy in the kitchen and it's okay; cleanup teaches them responsibility! Try to keep the mood light and fun and always remember to thank your kitchen assistant and compliment them on how they helped.

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welcome

By Shane Goodman, publisher

A little time can make a big difference

My 9-year-old daughter asked me today if I would join her for lunch at her school. My first thoughts were of all the things I had to get done at work this week, and how I would struggle to make this work. My second thought was how disappointed she was going to be when I told her that our lunch date would have to wait. As I listened to her explain the various menu items that have been offered lately, and how much fun it would be for me to join her, I knew I had to find a way to make the time.



Each time I enter her school, I realize that I need to do be there more. I am a believer in letting teachers teach without parental interference, but I also realize that everyone can use a helping hand from time to time.

When each of my three kids was younger, my wife would often volunteer to help in their classrooms. Some teachers welcomed her help with open arms; others, not so much. And we realized that was OK,

as each teacher had different needs. I have volunteered as a wrestling coach at the high school for the past four years, so I get a chance to be in the school and help kids nearly every day during the season. With my oldest daughter entering high school next year, I feel more at ease knowing many of the students, the teachers, and the ins and outs of the facilities.

But, to be honest, as our kids have grown older and our lives have become busier, we have not made our way into the classrooms as often, other than for conferences and special events. Reading this month's cover story made me realize that we need to do more of that again.

Whether you have children in the school system or not, your volunteer efforts can make a difference. And as pointed out in the story, as little as 30 minutes per month can have a significant impact.

Having lunch with your child at school can, too, which is exactly why I will be joining her in the lunchroom on Friday.

Thanks for reading. ■

Shane Goodman
Publisher



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Mary Guthrie, Stephanie VandeBerg and Katie White.

Photo by Michael Swanger

Volunteering at SCHOOL

**PARENTS TAKE ACTIVE ROLES
IN CHILDREN'S EDUCATION**

By Michael Swanger

It stands to reason that children whose parents are actively involved in their education and school activities typically outperform their peers academically and have fewer behavioral problems.

Yet ask any parent who spends as little as 30 minutes per month volunteering their time, talent and energy at their child's school and they will tell you that the rewards of their selfless efforts extend beyond the classroom to the home and community. Additionally, they also benefit other students, parents, teachers and school administrators.

The ripple effect of such good deeds can also boost a child's confidence and strengthen personal bonds at home and at school. Whether they are reading to students or playing math games with them, hosting an ice cream social or raising money for new

playground equipment, school volunteers can take comfort in knowing that they are active advocates for the education and well being of their children.

Windsor Heights Living magazine talked to three such parents who willingly and selflessly volunteer at Clive Elementary School in Windsor Heights. Each one is an active participant in the school's Parent Teacher Organization (PTO) and discusses the importance of helping children, teachers and school administrators. They also talk about the need for additional assistance from other parents, in hopes that this story will inspire them to step forward and reap the rewards of being a school volunteer.

Leading the way

Stephanie VandeBerg began attending Clive Elementary School's PTO meetings four years ago as a way to get involved with her son Andrew's education and to meet some new friends. Andrew was in kindergarten at the time and his reaction to her volunteer efforts left an indelible impression on his mother.

"I started out small and helped with class parties and things like that. I didn't realize how important it was to Andrew until I volunteered for a Valentine's Day party; it seemed like he was so proud that I was there. It really hit home with me," VandeBerg says.

Four years later, Andrew is now a fifth grader;

his little sister, Norah, is enrolled in first grade; and VandeBerg is beginning a two-year term as president of the PTO.

"I like being involved with the PTO. Sometimes it's a lot of work as president, but I enjoy it so I don't think of it in terms of the hours it requires," says VandeBerg, who facilitates monthly PTO and executive committee meetings, operates the PTO's Facebook page, recruits parents to fill volunteer positions, helps with fundraising and still finds time to assist in classes. At the core of her tireless effort is a belief that she is impacting the lives of her children and their peers in a positive way.

"It's important to show children that you are interested in what they are doing in school and that you're not just thinking about yourself," she says. "It also helps you get a better idea of how they are at school, and you get to meet their friends."

VandeBerg says that there are a myriad of ways in which parents can volunteer their time at school. She realizes that not everyone can spend as much as time working as a volunteer as she does, but she notes that everyone can find time in their busy schedule to help out in some small way.

"Sometimes it can be hard to fill positions when parents are trying to work around a 40 hour work week, but we do have parents who do it," she says. "It's nice to see parents get involved and we encourage them to attend a meeting to

"It's important to show children that you are interested in what they are doing in school and that you're not just thinking about yourself."

— Stephanie VandeBerg

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Stephanie VandeBerg reads to her daughter, Norah. VandeBerg is president of the Clive Elementary School PTO.

see it for themselves. We want them to feel welcomed and comfortable because we want to see what they have to say and what they can offer."

The PTO president says about 20 parents attend the group's monthly meetings, many of whom are instrumental in organizing events like the annual ice cream social, Fun Night and summer reading program and assist with the production of the school yearbook, landscaping and fundraising for projects like Clive Elementary School's campaign for new playground equipment.

VandeBerg adds that parents can also seek ways to help at school by contacting their child's teacher. Last year, for example, she spent 30 minutes each week playing math games with students and another 30 minutes reading books to them.

"The teachers rely on the PTO to fill in the gaps and help them," she says. "Sometimes that also means helping to round up school supplies or cutting boxtops for reward programs. Anything a

parent can do to help is nice."

Lending a helping hand

The stories of Katie White and Mary Guthrie are similar to that of VandeBerg's. Both have young children enrolled at Clive Elementary School. White's daughter, Libby, is in second grade and Guthrie's daughter, Taryn, is in third grade and both started off small in their volunteer work at the school before joining the PTO's executive committee. White currently serves as the group's vice president and Guthrie as its secretary. Both women say that the experience is highly rewarding.

"My daughter always wants me to be nearby. She's a great kid and she knows that I love her because of the things I do at her school," says White, who also works as a substitute teacher for West Des Moines schools, before joking, "she also knows that because I'm there she can't get away with too much, and that I know her friends."

Guthrie, who works part-time as an executive assistant at Iowa

Health System, says her volunteer work with the PTO is a priority in her life and that she enjoys helping out in the classroom.

"It allows me to show my faith in my daughter, her friends, other students and the teachers and staff," she says. "It's important that they know that we care and want to be involved."

White and Guthrie join VandeBerg and Clive Elementary School Principal Brandon Pierce each month for PTO executive committee meetings, as well as regular PTO meetings. Both women devote a few hours each week to their volunteer work and enjoy their level of commitment.

"I attend meetings as much as I can. It's my way of keeping up with what's going on at school. I also like the fact that we get more information at the executive committee meetings. It's nice to get that insight into what's going on at school and in the district," Guthrie says.

Guthrie says her duties as secretary include taking minutes at the meetings and sharing them with parents, teachers and administrators.

"I bring my laptop to the meetings and take notes, then break the notes down to key points for the parents so they can be uploaded to the school's website or Facebook page," she says.

Each week, Guthrie also reads books to students in her daughter's class to improve their reading comprehension. In the past, she also participated in math games with students.

"The teachers appreciate the help, and my daughter is the first one to hug me when I visit her classroom," Guthrie says. "She gets really excited to see me. I can tell that she's proud that I'm there."

White, who has chaired the Fine Arts Day program at Clive Elementary and helped with the school's largest annual fundraiser, Fun Night, says her daughter is among the approximately 540 students there who benefit from the efforts of PTO volunteers.

"The kids love it when parents come in and help with Everyday Math games or read to them and help teach them new concepts," she says, noting that she volunteers to lead students in learning games twice per week.

As a former full-time teacher, White understands the value parents can add to classroom lessons. She says she wishes more parents would become involved in programs like the PTO to better understand the educational needs of their children.

"I wish that all of the parents could be a little more involved. I think a lot of parents believe that it's just about giving money, but on the flip side it is equally important to give your time," she says. "Statistically, kids do better in school when the parents are involved. I think parents need to have more accountability that way, because the kids can only benefit from their involvement. I know not everyone has a lot of time to give, but giving just a little time can go a long way." ■



Katie White volunteers at Clive Elementary School and serves as vice president of the school's PTO.

What is an advance directive?

Preserve your right to make care decisions

By Ross Barnett, attorney,
Abendroth and Russell Law Firm

An advance directive is a legal document that can preserve your right to make decisions about your health-care.

Competent adults have the right to refuse or accept medical treatment after being informed of the procedures and risks. However, medical care decisions are often required when people are unable to make decisions for themselves. An advance directive states your health care choices in writing while you are still able to articulate your decision.



document is “durable” because it is still effective even if you become incapacitated or incompetent.

Q: Can someone make health care decisions for me without an advance directive?

A: Yes. If you have not executed an advance directive and are unable to make decisions, others will make health care decisions for you. However, an advance directive both expresses your health care choices in writing and nominates someone to carry them out. Without a written advance directive, you have no control over who makes the decisions or what choices they make.

Q: What is a durable health care power of attorney?

A: A durable health care power of attorney is a document through which you name another person to make health care decisions for you if you are unable to make them. The person, known as your “attorney-in-fact,” is required to make decisions according to directions you provide. If your wishes are not known, your agent will make decisions in your best interest based on the discussions you have had with your agent. The

Q: What is a living will?

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

Q: How do these two advance directives work together?

A: The health care power of attorney nominates somebody else to make medical decisions for you. The living will gives your agent directions on which decisions to make and when.

Q: What if I change my mind?

A: You may change or revoke an advance directive at any time. While Iowa law does not require you to revoke an advance directive in writing, your physician must be informed. ■

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

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Michael and Marta Clark enjoy putting up special holiday decorations at their home on Washington Avenue.

Creative corner

Michael and Marta Clark love to decorate

By Rainey Cook

Michael and Marta Clark have enjoyed their 1964 home in Windsor Heights since 2004.

Like most Windsor Heights residents, they like the central location it provides. Their neighbors are a big part of their happiness here as well. "They are like family," says Marta.

You might remember this house on the corners of 73rd and Washington as the creative corner. It boasts a large spider crawling down a large spider web off the roof at Halloween. This corner welcomes Tom the Turkey and displays huge polar bears and Santa at Christmas.

"Although my challenge is to place all this holiday lawn décor without starting an electrical fire, it is fun for entertaining," Michael says. One of their more recent get-togethers was feeding lasagna to 23 Buccaneer hockey players. A photo of the team under the spider's web was a special souvenir.

Once you look past the scary, fluffy and jovial characters, you may notice the Clarks have replaced the old front porch with new rough-faced cedar and aluminum banisters.

To fit the family of five around their kitchen table, the couple redesigned their kitchen by adding an elongated kitchen bar.

The family room was remod-

eled as well. They took out paneling, added two smaller windows and built a new fireplace mantel. The final touch of medium beige paint and cozy décor was well worth it. It's wonderfully warm and welcoming.

The couple's talent continues to the backyard as well. Michael and Marta were featured in Great Garage Makeovers in April 2010. In the couple's backyard shop, they make installing epoxy floors and hanging garage ceiling lighting look like an afternoon with your old Easy-Bake oven. Michael's talent extends into woodworking. He's handmade bunk beds, poker tables, toy boxes and cedar chests.

The couple added a deck off their family room. The best part of this deck is the hand-painted American flag in the center.

The Clarks are both highly talented, wonderful cooks and gracious hosts. However, they both agree that their furry family dog is the one with the most friends. Located just across the street from Clive Elementary, most children are friends to Miller, their large, loveable white Lab.

Keep your eyes peeled this spring for the extra large Easter egg left for the Easter Bunny. Later you might also notice Miller's extra large sign to the Clive Elementary students wishing them a fun and safe summer. ■

Meet Lori McGrath

Teaching through actions of faith

By Rainey Cook

Iowa Christian Academy has been teaching Pre-K through 12th grade students for 13 years. Lori McGrath has been teaching there 10 of those.

Here she teaches 4- and 5-year olds in a kindergarten prep setting. She has the same small group every Monday through Thursday in the afternoons. Her favorite subject to teach is the letter of the week... or one could say, the alphabet.

"P" is McGrath's favorite letter. To reinforce the letter "P" students dress as pirates and princesses, eat pancakes, pudding and popcorn, and even drink pop.

The best method of teaching faith is simply her actions. At Iowa Christian Academy, teachers give students hugs, pray with them and teach that love comes from God.

"This age is so fun to teach," she says. "They tell it like it is."

A jovial person herself, McGrath receives tons of laughter from her 4- and 5-year-old students. When teaching from the book of Mark one day, a very excited hand went in the air and a very all-knowing student proudly proclaimed, "I know Mark! My Grandma knows Mark! He lives in Kansas City!"

As a close-knit school, it's easy for all students to know most of the 270 other students. Teachers



Lori McGrath dresses up like a pirate to help her students learn the letter "P."

make it even easier when they guide the eighth-graders to buddy with the kindergarten-prep class twice a month. The difference in age becomes transparent as they make statements of being followers of Jesus by painting with their feet or studying the letter "F" by painting with flyswatters and finishing with fellowship.

Should the topic of bullying ever arise, the school brings in teachers, counselors, prayers and focuses on Matthew 18.

Upcoming events McGrath is looking forward to are Zoo with Bible Buddies (those creative eighth-graders, again), preschool roundup (because she gets to dress up — this time like a cow-girl) and senior graduation.

Here, graduation classes are around 20 students.

"It's very emotional," says McGrath. "We've seen these seniors grow up, and now they are leaving." ■

What do you like best about Mrs. McGrath?



Blake Nus: "Her costumes."



Katelyn Quinn: "Because she's the funniest teacher."



Bennett Donnelly: "Having snack."



Rebecca Rowen: "She's funny."

what's in your garage?



Eugenio Coco founds his 2003 Jeep Wrangler by shopping online.

Buying online

Eugenio Coco found his Jeep on the Internet

By Marci Clark

Rather than shop around town, Eugenio Coco prefers to buy his cars online.

He says he has searched sites such as eBay, but his preference for buying and selling vehicles is Cars.com, which he thinks offers the most information and offers vehicles from dealers that subscribe to their service.

Founded in 1998, Cars.com claims to be the "leading destination for online car shoppers" and says more than 10 million car shoppers visit their site each month. The site offers finance calculators, a buying guide for every make and model, which includes photos and video, and advice on buying online. The site also allows consumers the opportunity for side-by-side comparison tools, editorial comments and car reviews.

Coco says he was "very cautious" and he shopped around for a few months before buying his 2003 Jeep Wrangler from a seller in Omaha. This is not his first Jeep, and when looking online, this is one of the models he was searching for to purchase.

He also used the online service to sell two vehicles, both

Chrysler Crossfires, prior to purchasing the Jeep. Coco says he now regrets selling the Crossfires, but appreciates the lower cost of having one vehicle.

"There's a lot of expenses that go along with them, so you have to decide if the pleasure of having them is worth the expense," Coco says.

He says that his favorite part about the Wrangler is that with the four-wheel drive he can go just about anywhere he wants

"It's a very sure-footed car in the winter," Coco says.

He does comment that the vehicle doesn't have many of the luxuries that his previous vehicles have had.

"It's pretty stripped down," he says. Even so, he does like that it is a manual shift, which he says, keeps him from "daydreaming" while driving. He also appreciates that the hard top on the Jeep filters road noise, keeping his drive quieter.

After selling the two Crossfires, Coco now only has the Jeep, but he says he isn't opposed to buying another one at a later time. ■

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

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LEARN ABOUT THE CITY BUDGET!

The Windsor Heights City Council is set to approve the city budget on March 5th. The city budget gets approved every year and is effective the following July 1st. The budget process also includes approving the city's capital improvement plan, which dictates what major projects, like water line replacement, road resurfacing, etc., that the city will complete the next several fiscal years. On February 25th, at 9:00 a.m. in the Council Chambers, the city will have a public information meeting where the City Administrator and Chief Financial Officer will walk through the budget with citizens and answer questions. There will also be a formal public hearing, scheduled for March 5th at 6:00 p.m. in Council Chambers. Please visit the City's Web site at www.windsorheights.org or join the City's email distribution list at <http://www.windsorheights.org/emails/signup.htm> so you receive notices regarding the public input and public hearings.

STREET LIGHTS

Have you noticed your street light is burned out, dimmed or staying on during the day? If you have a light on your street that is in need of repair, please visit www.windsorheights.org and click on the *Street Light Repair* link or contact MidAmerican Energy directly at 1-800-799-4443. All streetlights in Windsor Heights are repaired by MidAmerican Energy.

SPAGHETTI DINNER

The Windsor Heights Chamber of Commerce invites you to its Annual Spaghetti Dinner. This year the dinner will be held at the Community Center at Colby Park on Thursday, March 8th from 5:30 – 7 p.m. Tickets can be purchased at Bankers Trust and Matt Cale State Farm or City Hall. There will be a silent auction, activities and lots of family fun. We hope to see you there! A big thanks to our sponsors, Barilla and the Windsor Heights Hy-Vee.



WINDSOR HEIGHTS VALUES SUSTAINABILITY

The Community and Events Center has hosted two separate events this year to educate our citizens on sustainability and the environment. So far, a watershed analysis has been shared and 3E showed how you can save money and electricity with simple home upgrades. Please join us for our next events. See below.

MARCH 29th • 6:00 p.m. COMMUNITY AND EVENTS CENTER

Every year, the sanitary sewer pipes in Windsor Heights, through broken and deteriorating pipes, leaking joints and manholes and also through private residential lines with the same problems (and other connections like perimeter home drains and sump pumps), send thousands of gallons of rain and ground water into our sanitary sewer lines. As you can imagine, this creates a massive problem for our environment, the city as a whole and sometimes, individual property owners. Not only does all the water in our sanitary sewer lines have to be treated in a waste water treatment plant, costing millions of dollars, but this also causes sewer backups into people's homes - a problem no one wants to deal with. The City of Windsor Heights has worked with the Windsor Heights-Urbandale Sanitary Sewer District and Polk County to create a fund, administered by the Neighborhood Finance Corporation, to help residents offset the costs with fixing their private sanitary sewer problems. Plan to attend and learn more about financing available to help solve your home's problems.

RAIN BARRELS • APRIL 19th 6:00 p.m. COMMUNITY AND EVENTS CENTER

Did you know the roof of a house literally sheds thousands of gallons every rain event? That water can be harvested and used to help water your lawn, plants, and gardens. But all too often, that water rushes into our stormwater system and ultimately to our streams, leading to increased flow that eats away at the stream bed, causing erosion, siltation and flash flooding. Rain barrels are not a new idea, but constructing them and installing them on your house may seem like a lot of work, when in reality, it is fairly simple. Join us this April in the Community and Events Center to learn about rain barrels, different types and sizes and installation for your house.

DON'T FORGET TO LICENSE YOUR PETS

It is the time of year when dog and cat owners are reminded to have their pets licensed and tagged. This allows the City to quickly notify their owners should the pets stray and need to be picked up. It also verifies that animals have proper rabies vaccinations. Licenses cost \$10 for altered pets and \$20 for unaltered pets. There is an additional fine if your pet is not licensed prior to April 1st, so license your pet as soon as possible. Pets must have proof of their current rabies vaccination from their vet. Registration forms are on the city website or you can stop into city hall and license your pet today!

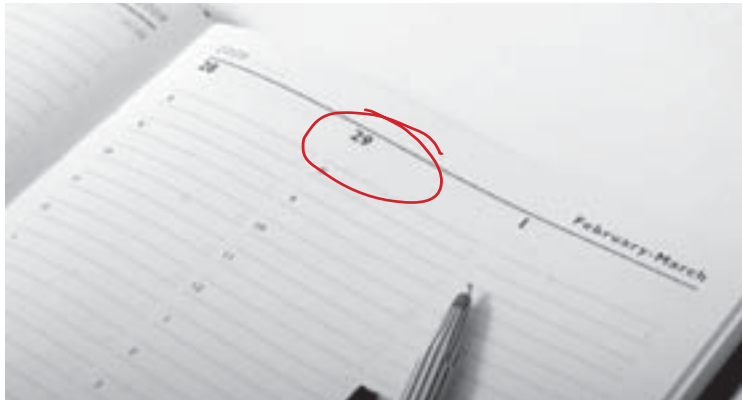
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Help Windsor Heights Keep Walnut Creek Clean.

Please help Windsor Heights ensure that Walnut Creek is clean by choosing ice and snow removal products that do not contain harmful chemicals.

REMEMBER TO GET YOUR BUILDING PERMIT

Have a project on your to do list around the house? If you plan to do any remodeling or make additions to your home, most likely you need a building permit from the City of Windsor Heights. Building permits are important so that the city can insure any work done in a home in the city is done up to the most current building code. Examples of work that need a building permit include any electrical and plumbing work and anything that will add square footage to a structure. Decks, fences and signs also require building permits. It is always better to ask if you need a permit than to do the work without a permit and find out later you needed one, which may result in a fine from the city. Please call Sheena Danzer, the City Inspector, at 279-3662 with any questions or email at sdanzer@windsorheights.org.



LEAP INTO SPRING OPEN HOUSE

It is the leap year and the City of Windsor Heights wants you to enjoy this extra day with an extra evening of food, fun and festivities. Come celebrate and tour the new Windsor Heights Community & Events Center, beginning at 5 p.m. on Wednesday, February 29th and continuing to 8 p.m., located at 6900 School Street, Colby Park.

Planned is a budding line up of fresh activities including a number of artists on hand to demonstrate their Spring creations including metal garden art, terrariums, Ukrainian eggs and more. Special guests also include Windsor Heights resident Darren Fife who will be building a rain barrel.

In the spirit of fresh beginnings, a wine and cheese pairing will be offered, emphasizing lighter, more elegant styles and sponsored by Wine and Spirits Gallery and Hy-Vee. Other hors d'oeuvres will be available along with a cash bar. So why not celebrate the fact there's one more day on the calendar this year for a little extra fun in Windsor Heights?

Admission is \$10 and tickets can be purchased at the City Hall in Windsor Heights, 1133 – 66th Street, Windsor Heights. Tickets purchased at City Hall by February 28th get a discounted price of \$5. For more information, go to www.windsorheights.org or call 645-6821. It promises to be a treat.

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Registration is now being taken for two classes offered at the Windsor Heights Community & Events Center.

Right Brain Journaling (\$35.00) ~ February 27th, March 5th, 12, 7 – 9 p.m.

Learn a new way to journal that is fun and easy. Use it to solve problems, expand your creative side and pursue your dreams in a relaxed and supportive environment. No writing experience necessary. Just come prepared to try new ideas and share your creative spirit with others.

Colored Pencil Drawing (\$44.00) ~ February 27th, March 5th, 12th, 1 – 3 p.m.

Have fun and try using colored pencils and the new watercolor pencils for a day of interesting experience in drawing with color. A small finished piece will be completed in class. No prior artistic or drawing experience is necessary. All materials provided.

Artist and educator Barbara Vaske leads these classes. Barb is a 4th generation Iowan and from age 5 knew she wanted to be an artist. She received her BA in Art from the University of Northern Iowa and her Master's degree from the prestigious California College of Arts and Crafts. A former art professor at Iowa State University, Barb has managed art galleries in both Los Angeles and Des Moines. Currently she is the director of the Ankeny Art Center. Her artwork has been exhibited both nationally and internationally as well as in galleries and universities throughout Iowa.

For more information, go to www.windsorheights.org. To sign up, e-mail, tlevine@windsorheights.org or call 645-6821.

HAVE A HIDDEN TALENT OR SPECIAL SKILL?

The Windsor Heights Community and Events Center not only hosts July 4th, Oktoberfest, weddings and birthday parties, we also strive to offer educational and informative sessions for our citizens and the entire Des Moines Metro. Do you have a special skill or hidden talent you would like to share? The Community and Events Center currently hosts yoga and journaling classes. Help improve your community and offer to teach a class. All classes are subject to availability of the building. Please contact Tracy Levine at tlevine@windsorheights.org for more information.

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health Q&A

Q: What are adult day service centers?

A: Adult day service centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Centers offer a club-like setting for older adults who require some assistance, support and/or involvement with others.

To stimulate mind and encourage spirit, staff members offer options to keep participants active and engaged throughout the day. Most centers provide robust programming, for example, community speakers, book club, Red Hat group, exercise, discussion groups, musical entertainment, intergenerational opportunities, cooking, picnics and community excursions. In addition, services such as beauty/barber, therapies, bathing and podiatry may be offered. A registered nurse is a part of the staff for assessments and medication assistance. Centers also afford caregivers an opportunity to revitalize so they may continue their role as care provider. Financial assistance may be available. ■



Answer provided by Denice Gienapp, WesleyLife Adult Day Center, 515-271-6701, www.wesleylife.org.

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“Developing leaders committed to Christ”

Sports and spirituality

Mike Chapman to speak at WH Lutheran

By Rebecca Boneschans

Bringing motivation and inspiration to men young and old is Mike Chapman's mission. He will be the guest speaker at Windsor Heights Lutheran Church on Sunday, Feb. 26, at 6 p.m. during the annual Men's and Boys' Dinner.

Every year the Women of the Evangelical Lutheran Church (WELCA) organize the event for gentlemen in the community, and sports is often a recurring theme.

"We always try to look for someone in the sports world," says Ruth Hiddleston, a congregation member who organized the speaker for this event. "Because it's for men and boys, it's a relatable topic."

Chapman has been a public speaker for the past 10 years promoting Iowa's historic sports heroes. Prior to traveling the state and uplifting communities, Chapman worked for 35 years in the newspaper industry, did an 11-year stint as the executive director of the Dan Gable International Wrestling Institute and Museum and has authored more than 20 books.

Spread the Word

Have an upcoming event or church news you would like to announce? Send information to darren@dmcityview.com.

Chapman's latest writing, "Triumph & Tragedy: the Inspiring Stories of Football Legends Fred Becker, Jack Trice, Nile Kinnick and Johnny Bright," and the great accomplishments and sacrifices of those men involved will be the



Iowa sports guru Mike Chapman will speak at this year's Men's and Boy's Dinner at Windsor Height Lutheran Church on Feb. 26.

topic of discussion at the banquet.

Hiddleston happened to find Chapman while she was volunteering at the Iowa Hall of Pride on Nov. 11. She had never heard of him, but was intrigued by the crowd he drew while visiting the Hall. So she approached him about the banquet.

"He is a fascinating person to visit," Hiddleston says. "He can rattle on about all of Iowa sports."

After a short conversation, Hiddleston was hooked, and a few days later Chapman checked the dates and confirmed he was free to do the event.

"He seemed more excited about speaking than we thought he would be," says Hiddleston.

The dinner is open to the men and boys of Windsor Heights. Guests are encouraged to wear their favorite team colors or their favorite church shirt. The cost is \$5 per person above the age of 6. For those interested, a call to the church — 227-6277 — is appreciated for estimated seating and food preparation. ■

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Friday, Feb. 17

- WDMCS no classes
- St. Pius X no classes
- Windsor Heights Chamber Bowling Blitz, 100 Ashworth Road, \$160 per team of four, 6 - 9 p.m.
- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- VHS Debate at Harvard and UC Berkeley
- IHSSA All State Large Group Festival at Ames
- VHS Ignition Show Choir at Indianola
- Varsity WR state tournament at Wells Fargo Arena
- VHS 9/10/V boys BB vs. Hoover, 4:45 p.m.
- RHS 9/10/V boys BB at Fort Dodge, 4:45 p.m.

- DMPS no classes
- Colored Pencil Drawing, Windsor Heights Community & Events Center, \$44 for 4 classes, 1 p.m.
- Windsor Heights City Council meeting, City Hall, 1133 66th St., 6 p.m.
- RHS Riders' Club meeting, Library, 6:30 p.m.



- Presbyterian Church, Beaver & Franklin, 1 p.m.
- TOPS #610 (Take Off Pounds Sensibly) meeting, Windsor Presbyterian Church, weigh-in 9:15 - 9:45 a.m., meeting at 10 a.m.



Friday, Feb. 24

- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- Rock the River w/live DJ, Brenton Skating Plaza, 8 p.m.
- St. Pius X Mission Day Collection for Urbandale Food Pantry, fish fry 5 - 7 p.m.
- Varsity boys BB substate tournament

Saturday, Feb. 25

- Community Coffee Club, Grounds for Celebration, 9 - 10:30 a.m.
- St. Pius X Parish Mission with Chris Padgett, 6:30 p.m.

Sunday, Feb. 26

- Alcoholics Anonymous/AI-Anon/AI-Ateen/AI-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.
- St. Pius X Parish Mission with Chris Padgett, 6:30 p.m.

Monday, Feb. 27

- Right Brain Journaling, Windsor Heights Community & Events Center, \$35 for 3 classes, 7 p.m.

Tuesday, Feb. 28

- Yoga Class, Windsor Heights Community & Events Center, \$8, 5:30 - 6:30 p.m.
- Varsity boys BB substate tournament



Wednesday, Feb. 29

- Leap Day
- Leap into Spring Open House, Windsor Heights Community & Events Center, \$10, 5 - 8 p.m.
- Varsity girls BB state tournament at Wells Fargo Arena
- Al-Anon meeting, 939 Office Park Road, #113, noon

Thursday, March 1

- TOPS #610 (Take Off Pounds Sensibly) meeting, Windsor Presbyterian Church, weigh-in 9:15 - 9:45 a.m., meeting at 10 a.m.
- Franklin Toastmasters meeting, Northwest Community Center, 5110 Franklin Ave., <http://franklinclub.freetoasthost.com>, 6 p.m.



Saturday, Feb. 18

- Varsity state WR tournament at Wells Fargo

Sunday, Feb. 19

- Alcoholics Anonymous/AI-Anon/AI-Ateen/AI-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.

Monday, Feb. 20

- President's Day

Tuesday, Feb. 21

- Yoga Class, Windsor Heights Community & Events Center, \$8, 5:30 - 6:30 p.m.
- DM School Board meeting, Central Campus, 2nd floor, 1800 Grand Ave., 6 p.m.
- VHS Band Booster meeting, 7 p.m.
- Varsity girls BB regional tournament

Wednesday, Feb. 22

- Ash Wednesday
- Windsor Heights Planning & Zoning Commission meeting, City Hall, 4:30 p.m.
- Al-Anon meeting, 939 Office Park Road, #113, noon

Thursday, Feb. 23

- Greater Des Moines Garden Club, Polly Johnston speaks on Alzheimer's Disease, Westminster

Friday, March 2

- Read Across America Day
- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- St. Pius X Fish Fry, 5 - 7 p.m.
- Varsity girls BB state tournament at Wells Fargo Arena



Saturday, March 3

- Varsity girls BB state tournament at Wells Fargo Arena

Sunday, March 4

- Alcoholics Anonymous/AI-Anon/AI-Ateen/AI-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.

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Monday, March 5

- Windsor Heights City Council meeting, City Hall, 1133 66th St., 6 p.m.



Tuesday, March 6

- Yoga Class, Windsor Heights Community & Events Center, \$8, 5:30 - 6:30 p.m.
- VHS boys track at Waverly, 3 p.m.

Wednesday, March 7

- Varsity boys BB state tournament
- AI-Anon meeting, 939 Office Park Road, #113, noon

Thursday, March 8

- TOPS #610 (Take Off Pounds Sensibly) meeting, Windsor Presbyterian Church, weigh-in 9:15 - 9:45 a.m., meeting at 10 a.m.
- Windsor Heights Chamber Spaghetti Dinner, Community Center at Colby Park, \$6 per person or \$20 for family of four, 5:30 - 7 p.m.
- RHS boys track vs. Washington, IA at U of I, 5 p.m.

Friday, March 9

- Café V: Italian, VHS Room 321, call 633-4122 for reservations, 11:45

a.m. - 12:45 p.m.

- Fun Fridays, Kangaroo Boo for preschoolers/kindergartners, 415 Fifth St., kangarooboo.com, 10 a.m.
- Varsity boys BB state tournament

Saturday, March 10

- Spring Into Business Style Show, Windsor Heights Community & Events Center, \$20, 1:30 - 4:30 p.m.
- Varsity boys BB state tournament



Sunday, March 11

- Daylight-saving time begins, set clocks ahead one hour
- Sunday Breakfast, WDM Elks Lodge 2752, 7400 Hickman Road, \$3.50 - \$7, 8 a.m. - noon
- Alcoholics Anonymous/AI-Anon/AI-Ateen/AI-Akid meetings, Lutheran Church of Hope, 5 - 6 p.m.

Monday, March 12

- RHS and VHS girls track at ISU Indoor, 4 p.m.

Tuesday, March 13

- Windsor Heights Special Events Group meeting, 5:15 p.m.
- DM School Board meeting, Central Campus, 2nd floor, 1800 Grand Ave., 6 p.m.

- RHS and VHS boys track at ISU, 4 p.m.

Wednesday, March 14

- AI-Anon meeting, 939 Office Park Road, #113, noon



Thursday, March 15

- DMPS no classes
- TOPS #610 (Take Off Pounds Sensibly) meeting, Windsor Presbyterian Church, weigh-in 9:15 - 9:45 a.m., meeting at 10 a.m.
- Franklin Toastmasters meeting, Northwest Community Center, 5110 Franklin Ave., <http://franklinclub.freetoasthost.com>, 6 p.m.
- Café V: Tropical, VHS Room 321, call 633-4122 for reservations, 11:45 a.m. - 12:45 p.m.

Friday, March 16

- DMPS and WDMCS no classes, Spring Break begins
- RHS boys track at Central College, 2 p.m.

It's free!

Submit calendar items for your school, church, business, organization or family to darren@dmcityview.com.



Rachel Harrinton and Dillon Holland enjoy the unseasonably warm weather at Windsor Heights Colby Park on Jan. 31.



Sam Kessel and Elliot Kessel enjoy the unseasonably warm weather at Windsor Heights Colby Park on Jan. 31.



Stephanie Crawford working at the Walnut Creek YMCA bake sale on Feb. 8.



Jack Corso and Avery Corso visiting the Walnut Creek YMCA on Feb. 8.



Andrea Dencklau and Clara Crawford enjoy the unseasonably warm weather at Windsor Heights Colby Park on Jan. 31.



Bjorn Sims and Kent Sims enjoy the unseasonably warm weather at Windsor Heights Colby Park on Jan. 31.



Ninzin Conrey and Marya Swenson working at the Walnut Creek YMCA on Feb. 8.



Deanna Lovell and Marilyn Scaglione at the Walnut Creek YMCA on Feb. 8.



Eleanor Crawford, Alexander Vens and Aidan Vens enjoy the unseasonably warm weather at Windsor Heights Colby Park on Jan. 31.



Ian Daugherty enjoys the unseasonably warm weather at Windsor Heights Colby Park on Jan. 31.



Marilyn DeLay and Jean Jacobson at the Walnut Creek YMCA on Feb. 8.

Life insurance is not just for the beneficiaries

Permanent policies can have 'living benefits'

By Matt Cale, State Farm agent

When you purchase a life insurance policy, your primary thought is usually security for your beneficiaries.

Providing peace of mind to your spouse or loved ones is the most important reason for choosing a policy with a guaranteed death benefit. Knowing that there will be funds available for your final expenses, the mortgage and other financial needs after you are gone can be a great comfort.

But a permanent life insurance policy can also provide a "living benefit." When you own a permanent life insurance policy and make regular premium payments, your policy accumulates cash value. It's cash that can be made available during a financial emergency, for unexpected opportunities, or when you need a source of funds to pursue an important goal. Any gains you may experience within the policy are also free from federal income tax, providing yet another benefit.

You should keep in mind that any policy loans will reduce the account value and death benefit of your policy and should only be done after careful consideration. However, there are no restrictions on how the proceeds are used.

Permanent life insurance is



designed to stay in force through your entire lifetime. The premiums are fixed and guaranteed so they will not increase as you age. And, if you apply and are approved for a policy early, you won't have to worry about being denied coverage later based on any health problems that may arise.

Providing a financial safety net for your loved ones is an attractive aspect of life insurance. But the ability to take advantage of "living benefits" provided by permanent life insurance is a benefit that many families will find highly attractive. Speak with your insurance agent to find out more about the benefits of a permanent life insurance policy. ■

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

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Membership has its privileges

New Chamber website has additional features

By Betty Ridout, president, Windsor Heights Chamber of Commerce

Our new website was launched last month and with it comes some additional features:

- **Member Spotlight.** The Member Spotlight will be rotated every couple of weeks. Contact us to schedule your Member Spotlight.

- **Enhanced business listing.** The enhanced business listing will also allow for logos as well as a few lines of text about your business. Please send us your logo and the text you would like included with your listing.

- **Enewsletter.** Our enewsletter is another way to get the word out about specials or events your business may be running. In order to be included in the newsletter, please send the particulars to us at least a few weeks in advance.

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. ■

chamber calendar

Call 279-3662

February

17: Bowling, Val Lanes, 100 Ashworth Road, West Des Moines, 6 - 9 p.m.

March

8: Annual Spaghetti Dinner, Community Center at Colby Park, 5:30 - 7:30 p.m.

news brief

Submit news to darren@dmcityview.com

Prairie Meadows scholarship applications ready

The deadline to apply for a Prairie Meadows Scholarship is Friday, April 6. Prairie Meadows Racetrack and Casino offers every high school in Polk County two \$2,500 scholarships to graduating seniors who will be enrolling at an accredited Iowa institution for the fall 2012 semester. Applications are available online at www.prairiemeadows.com and are also available at each participating high school in Polk County.

To qualify, applicants must be a graduating senior of a participating Polk County high school, accepted at an accredited Iowa institution, enrolling as a full-time student (12 credit hours or more) in the fall of 2012, a United States citizen or permanent resident for at least two consecutive years and have a minimum cumulative high school GPA of 2.5 on a 4.0 scale. ■

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