

Outdoor Exercise Safety Tips

As citizens in a metropolitan area such as Des Moines, often times we go about our hectic schedules day in and day out just trying to make it through the work week to get to the weekend. Then once the weekend comes we try to get out and enjoy nature and unwind from some of life's daily stresses. For many people this form of unwinding takes the shape of some sort of exercise. This may mean a visit to the park, a bike ride through the community, or perhaps a long walk on one of the trails in the area. In light of some of the recent happenings in these recreational areas, metro are police departments would like to offer up a few safety tips on how to best prevent you from becoming a victim of crime.

Trusting your instincts will go a long ways in getting to your final destination safely. The next time you go out for some exercise, consider these tips beforehand:

- Have you let anyone know where you're going and when to expect you back?
- Did you remember to bring your cell phone?
- Consider exercising with a friend.
- If at all possible, be out during the day or in well lit and highly traveled areas at night.
- Avoid predictability. Vary your routes and the time of day you're out.
- Wear appropriate clothing with bright colors and proper footwear.
- If you're going to use headphones keep them next to your ears instead of over the top or drape them over your shoulders. This will allow you to be able to hear what is going on in the environment around you.
- Keep your eyes up, your head moving, and wave at people in the neighborhood. Get noticed by those you know live in the area.

Summer Crime

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So, what can be done to help the police if you ever become a victim?

- Keep a record of your property to include:
 - Make, Model, and Serial number
 - Utilize a photo log or video log to show what you have
 - Items of value without such nomenclature should be photographed
 - If possible, add your own identifiable markings
- Keep property records in a safe place such as a bank safety deposit box
- Update records periodically
- Keep a good record of those who perform labor at your residence (not just the company but the employees that do the work)
- Again, report all suspicious activity to the police immediately. If you are not sure, report it and let the police make the determination regarding the activity.

Typically crime is not unique to any one city. In a metropolitan area such as ours, it knows no boundaries. It is vitally important to do the "small things" regularly to keep yourself and your property safe because public safety is a partnership between the Police and its citizenry. The Windsor Heights Police Department works tirelessly to provide you with superior coverage 24 hours a day. Your assistance in maintaining a vigilant watch over our community is a helpful effort in that partnership. If you have a questions or concerns, please call (515) 277-4453. In the event of an emergency call 911.

"ICE" Your Cell Phone

Your cell phone can help emergency responders and healthcare workers to identify you and notify your loved ones. Just program your cell phone's contact list with the codeword:

"ICE" (In Case of Emergency):
STEP 1: Open your cell phone contact list to create a new entry.

STEP 2: Enter the word ICE with the name and number of the person you would like contacted in an emergency.

STEP 3: To list multiple contacts name the entries ICE 1, ICE 2, ICE 3. Examples:
 ICE 1-Husband-Tom
 ICE 2-Mother-Mary
 ICE 3-Son-Joe

Emergency workers look for the codeword ICE when they turn on your phone. Help them help you! Program your phone today! The purpose of this program is to assist emergency workers and first responders. All others should call 9-1-1 when encountering an emergency situation.

Be Safe. Be Healthy. Be Ready.

IN CASE OF EMERGENCY

ICE



See us on the Web at www.windsorheights.org!

City of Windsor Heights

AMERICA'S CROWN COMMUNITY NEWSLETTER

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Summer Crime Stopping Tactics



The City of Windsor Heights has the reputation for being a safe community with excellent public services. This City takes pride in these services and wants do everything possible to make this community safe. As warmer weather arrives, typically we will see an increase in certain crimes. In general, much of this crime will coincide with the summer vacation season and eventually tapers off when school starts and the weather turns cold again.

Any crime committed against a citizen is of great concern to the law enforcement community, but the most alarming and potentially devastating crimes committed are those that occur at the places we reside. Most summers the Des Moines metropolitan community sees an increase in car burglaries, residential burglaries, vandalisms, and

motor vehicle thefts. When this type of crime occurs, it affects not only the victim, but also the perception of safety in the entire community. In Windsor Heights the police department does an excellent job with proactive policing efforts, but no community can be immune from this sort of illegal activity. As we head into the summer months, the Windsor Heights Police would like to remind you of a few safety tips to keep your family and their belongings a little more secure:

- Get to know your neighbors and join the Neighborhood Watch program
 - Make sure someone is watching your property when you are going to be gone for any extended time period (the police department has a vacation watch program as well)
- Secure your property by:
 - Locking exterior doors and windows when unattended
 - Close and secure your garage door
 - Lock the walk-thru door that separates the attached garage and the residence
 - Utilize or add outdoor lighting
 - Use indoor lighting timers and security systems
 - Trim bushes around doors and windows to minimize concealment opportunity
- Do not leave property inside your vehicles (i.e. purses wallets, I-Pods, money, etc.)
 - Remove satellite radios, stereos, and held-held electronics from vehicles when possible
 - Lock vehicles, even if they are in the garage if there are valuables inside
 - If you leave your vehicle in the driveway remove your garage door opener from the vehicle
- Report any and all suspicious activity to the police as it occurs

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City of Windsor Heights
the heart of it all

1133 66th Street
Windsor Heights, IA 50311
(515) 279-3662
www.windsorheights.org



Windsor Heights Ice Cream Social Night

What better way to reacquaint yourself with your neighbors than to enjoy a bowl of ice cream on the front lawn? On a hot summer night, wouldn't it be "cool" if neighborhoods throughout the city held ice cream socials on the same night?

The Windsor Heights Neighborhood Association is once again seeking volunteers who are willing to host their neighbors to ice cream. This year's event will be held Sunday, August 23, beginning at 6:30 p.m. If you'll volunteer your yard, we'll provide the invitations, ice cream, bowls, and spoons. We're seeking as many volunteers as possible in hopes that every block of the city will have a host. For more information, contact David or Colleen Lange at 274-0655.

Contact Us! City of Windsor Heights

Emergency Phone Numbers

Fire Department911
Police Department911

Non-Emergency Phone Numbers

Police/Fire286-3632
City Hall279-3662

MayorJerry Sullivan

Council Members:

Diana Willits
Flo Hunter
Carole Tillotson
Charlene Butz
Steve Peterson

City Admin. .Marketa George Oliver
Chief Financial Off. .Colleen Pingrey
Fire ChiefChristopher Cross
Police ChiefGary Walters
Public Works Director John Wiedman
Director of Comm. Svcs. Josh Heggen

Police Department:

Police Dispatch286-3632
Police Admin/Records . . .277-4453
Police Investigations . . .277-4455

Fire Department279-3662

Public Works Dept.279-3662
Colby Park Reservations 279-3662
Building Inspector669-6881
Animal Control279-3662

City Council Meetings - 1st and 3rd Mondays of every month.

JULY & AUGUST 2009						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Fourth of July observed--City Offices Closed--	4 Fourth of July Celebration (Colby Park)
5	6 City Council Meeting 5:15 PM (City Hall)	7 Music in the Park "Blue Grass Pals" 7 PM (Colby Park)	8	9	10 Movie in the Park "Get Smart" @ Dusk (Colby Park)	11
12	13 KWHB Meeting 7 PM (City Hall)	14* Mayor's Hour 9-10AM (City Hall) Music in the Park "Hold On" 7 PM (Colby Park)	15	16	17	18
19	20 City Council Meeting 5:15 PM (City Hall)	21	22	23	24 Movie in the Park "Madagascar 2" @ Dusk (Colby Park)	25 Community Coffee Club 9-10:30 AM (Grounds for Celebration)
26	27	28	29	30	31	1
2	3 City Council Meeting 5:15 PM (City Hall)	4 Music in the Park "DSM Community Band" 7 PM (Colby Park)	5	6	7 Movie in the Park "Indiana Jones & the Kingdom of the Crystal Skull" @ Dusk (Colby Park)	8
9	10 KWHB Meeting 7 PM (City Hall)	11* Mayor's Hour 9-10AM (City Hall) Music in the Park "Tiajuana Brass" 7 PM (Colby Park)	12	13	14	15
16	17 City Council Meeting 5:15 PM (City Hall)	18	19	20	21	22 Community Coffee Club 9-10:30 AM (Grounds for Celebration)

*July 14 & August 11: WH Foundation Meeting 8 PM (Colby Park)

NEWS BRIEFS

Neighborhood Association Meeting

The Windsor Heights Neighborhood Association (WHNA) will hold its quarterly meeting Sunday, July 26, at the 3E building, 953 73rd Street in Windsor Heights (just north of interstate 235). A light dinner of hot dogs and side dishes will be served beginning at 6:00 p.m. followed by the meeting from 6:30 - 8:00 p.m. Agenda items include planning for the August ice cream social event and developing questions for a candidate forum for next fall's city council and mayoral election. All residents of Windsor Heights are welcome and encouraged to attend. Supervised play activities will be provided for children. If transportation assistance is needed please contact David Lange at 274-0655.

Thank You

The City of Windsor Heights would like to thank the Volunteer Firefighters who worked so hard to make this year's Easter Egg Hunt a success for all of the children. Your time and talent is appreciated by all.

And a special thank you to the following local businesses for their donations to the annual Windsor Heights Firefighters Association Children's Easter Egg Hunt:

1/2 Price Books Dairy Queen
B-Bops Hy-Vee
Burger King Mustards
Cobbleston Theater

At Your Service ... Sewer Problems

Residents experiencing slow drains and/or sewer back ups are encouraged to call the Public Works department at 279-3662 or after hours at 286-3333. Public Works will check the main and clean any blockages. Blockages located in the home sewer system are the responsibility of the home owner. Windsor Heights has a scheduled inspection and maintenance program. Be advised, according to case law, municipalities cannot be held responsible for any damage resulting from sewer back-ups if they maintain an inspection and maintenance program.



Please Pass the Veggies

Calling all gardeners! The Urbandale-Windsor Heights Food Pantry is asking for your help in providing fresh, nutritious produce to our clients this summer. As you plan your garden this spring, please consider planting a little extra and donating your surplus fruits and veggies to the food pantry.

Donations will be accepted during our normal operating hours of 10:00 a.m. - 2:00 p.m. on Mondays, Wednesdays, and Thursdays. The Food Pantry is located at 7611 Douglas Ave., Suite 31, Urbandale, IA 50322.

If you have a donation and are unable to deliver it during these hours, just give us a call at 251-6688.

May your gardens grow and prosper and when you harvest your abundance, 'Please Pass the Veggies' to your neighbors in need.

Pet Ordinance Reminder

It has come to our attention, that residents may be confused regarding this ordinance. Chapter 32 of the Animal Control ordinance states:

32.05 OFFENSES. No owner of any dog, cat or other animal, or person having control or responsibility thereof, shall:

4. Allow or permit such animal to urinate or defecate on public property, including, but not limited to, public property located between curb lines of public streets and adjacent property lines and public property located within parks.

This means you may not allow your animal to urinate or defecate on your neighbor's yards in the city right of way. The city right of way consists of the property from the curb line/roadway, 12.5 to 15 feet into the property. We have had complaints regarding the responsibilities of pet owners and the lack of care for others property and city right of way that the home owner must maintain. Please clean up after your animal. Not only is it a courtesy to your neighbors, it is the law.

Iowa One Call

Residents undertaking projects involving digging and excavating are reminded to call Iowa One Call. Under Iowa statute if you plan to dig deeper than 12 inches, you are required to make the toll-free call at least 48 hours before digging. The service is FREE to anyone who requests it. Use of Iowa One Call eliminates the risk of service disruption in homeowners' and neighbors' yards. It also greatly reduces risk of severe personal injury, and even death. Before any digging or excavation starts, Iowans need to know they should first call Iowa One Call at 1-800-292-8989 to have their utilities marked. It's not only in their best interest, it's the law.

