



Windsor Wave

Pass it on • "Wave" to a Friend

AUGUST 2011

City of
Windsor Heights
1133 66th Street
Windsor Heights, IA 50324
(515) 279-3662
www.windsorheights.org

Help keep our storm sewer and waterways clean!

When mowing your lawn, please do not blow your grass clippings onto your street, sidewalk or driveway

WINDSOR HEIGHTS POLICE DEPARTMENT SAYS "THANK YOU!"

The Windsor Heights Police Association would like to extend its thanks to the community for their faithful support and fantastic turnout at our National Night Out celebration held in Colby Park on the evening of August 2nd. We would also like to thank all of the additional sponsors, community education groups and vendors that donated their time and resources to provide outreach materials. Additionally, we would like to say a very special "thank you" to the National Guard for allowing a medical Blackhawk helicopter to make a special appearance at our event, and to Windsor Heights Fire Lieutenant Jason Cutsforth for not only making this possible, but also flying the helicopter in for the visit! Lastly, on behalf of Windsor Heights Police Officer Hector Arias, who is presently deployed in Afghanistan with the Air National Guard, we appreciate the generous support and supplies that were offered by everyone to send to our military service men and women stationed overseas with Hector. Their efforts abroad to keep us safe and our freedoms protected allow us to hold special community events such as National Night Out.



The Police Association is already looking forward to next year's event which will be held on Tuesday, August 7th. Please join us then for another night out against crime and violence and to support our efforts to build a stronger, safer community.



SEWER PROBLEMS? HELP IS ON ITS WAY.

Starting on September 1, 2011, the city will begin a partnership with the Neighborhood Finance Corporation, Polk County, and the Windsor Heights-Urbandale Sanitary Sewer District to help homeowners with sanitary sewer problems. The goal of the program is to eliminate the inflow and infiltration of stormwater and groundwater into sanitary sewer lines. When sanitary sewer lines become overwhelmed with stormwater, it increases the likelihood of a sewer backup in basements.

Also, all of the water flowing through the sanitary sewer lines must be treated, which increases costs and is not environmentally sound. Additionally, when stormwater gets into sanitary sewer lines, it is not absorbed into the ground, recharging the aquifers which are so important for clean drinking water. The new program beginning September 1st, will help a homeowner replace or slipline a sanitary sewer line from a person's home to the main and/or decouple sump pumps and perimeter tiles/drains from the sanitary sewer. The program will include a partially refundable loan to the homeowner, creating the opportunity for significant cost savings. There is no income limitation for people participating in the program, but the homeowner must be able to credit qualify.

Continue to read the city newsletter, webpage and Facebook account for details on this exciting new program. Applications can be found at the Neighborhood Finance Corporation offices located in Des Moines at 1912 6th Ave and at www.neighborhoodfinance.org

NEIGHBORHOOD ASSOCIATION'S ICE CREAM SOCIAL

The Windsor Heights Neighborhood Association is once again sponsoring this year's annual Ice Cream Social, Sunday, August 28th at 6:30 p.m. At neighborhoods throughout the entire city, a hot summer night will serve as the perfect setting to reconnect with your neighbors and enjoy a bowl of ice cream on the front lawn. The Neighborhood Association makes it easy for anyone to participate by simply volunteering their front lawns. The invitations, ice cream, bowls, and spoons will provided to each host free of cost.

The association is seeking as many volunteers as possible in hopes that every block of the city will have a host this year. For more information or to sign up as a host, contact Trevor Huffaker at 402-312-0834 or email whneighborhoodassociation@gmail.com with any questions.



DROP OFF YOUR HOUSEHOLD HAZARDOUS WASTE IN WINDSOR HEIGHTS AND SPECIAL WALNUT CREEK CLEANUP

Safe, free disposal of hazardous waste for all metro residents

Is Spring cleaning still on your mind? Metro Waste Authority's "Clean Up Crew" is coming to Windsor Heights for a household hazardous waste cleanup event. Join us Saturday, August 27 from 8 a.m. to noon in Windsor Height at Colby Park at 6900 School St., behind Wal-Mart. Residents from the entire Metro Waste Authority service area can bring lead and oil-based paints (not latex*), chemicals such as insecticides, poisons and solvents, lawn products, CFLs, and cleaners to the event for proper disposal. Volunteers are still needed to help direct traffic and move people through the process. Please contact Jason VanAusdall at 279-3662 or jvan@windsorheights.org if you would like to volunteer.

For a complete list of accepted and unaccepted items, go to www.mwatoday.com/pressroom/article.aspx?pid=139.

**NOTE: Latex paint and electronic waste is NOT ACCEPTED at this event. You can dispose of latex paint by mixing it with kitty litter or sawdust and letting it dry out. You can then dispose of it in your regular trash as long as the lid remains off the can.*

In addition, a special Walnut Creek Cleanup will take place on Saturday, August 27th too. Volunteers will meet in Colby Park at 9 a.m. then spread out along Walnut Creek. Following the cleanup there will be a grill out in the park for all volunteers. Please contact Jason VanAusdall at 279-3662 or jvan@windsorheights.org if you would like to volunteer.



WINDSOR HEIGHTS FALL CLEAN-UP DAY

Join us on Saturday, September 17 for the Windsor Heights Annual Fall Clean-up Day! Many hands make light work, so the more the merrier. Bring your family, your nonprofit group, your friends, or anyone else interested in making a difference in our community!

Meet us at our home base in the white tent north of Burger King on 73rd Street 8:30 – 10:30 am on September 17. You'll get gloves, refuse bags, and an assigned clean-up area. Two hours of work from each of us

will help keep Windsor Heights beautiful throughout the fall and winter. Thanks for doing your part, and spread the word! The clean-up day is sponsored by Keep Windsor Heights Beautiful committee.

EMERALD ASH BORER

Have an ash tree in your yard or just curious about the Emerald Ash Borer and why it may affect your trees in the future? Please join Emma Bruemmer, the State Urban Forester with the Iowa Department of Natural Resources and Robin Pruisner, the State Entomologist with the Iowa Department of Agriculture for a public presentation and question an answer period in the Community and Events Center at Colby Park on Monday, September 26th at 6 p.m. This is open to the public and everyone is encouraged to attend.

ZUMBA CLASSES AT THE WINDSOR HEIGHTS COMMUNITY & EVENT CENTER

Are you ready to party yourself into shape? That's exactly what the Zumba Fitness program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. Zumba is not only a cardio workout; it also tones your body and builds strength and endurance. All you need to bring is water and comfortable clothing.

Ashley Towey is an experienced instructor who teaches Zumba. Ashley adds a great balance of high/low impact to her routines, all while keeping it fun! Students point to their success in feeling good, losing weight, and feeling refreshed and energized.

When: Wednesdays from 5:30-6:20pm

Dates: Sept. 21 – Nov. 9

Where: Windsor Heights Community Center located in Colby Park, 6900 School St, Windsor Heights

To register: call (515)491-8465 or email desmoineszumba@hotmail.com

Punch cards you can purchase:

5 class punch card - \$40

7 class punch card and receive an additional punch free - \$55

10 class punch card and receive 2 additional punches free - \$75

Please note that if you buy the 10 class punch card, you will have to take the additional classes at Ashley's other location in Carlisle and ALL punch cards have an expiration!

Minimum amount of people: 20

Maximum amount of people: 50

Age requirement: Must be in 8th grade or older (a legal guardian must sign a waiver for minors)

Visit on the web at www.zumba.com/profiles/92972/ashley-towey.

Or join my facebook page- Zumba with Ashley Towey.